A Diat drinke for the Scuruie; Robartt Laine,

Take of Scuruie grasse brooklimes watercreases liuer wort and hartes tounge anoi handfull luary 4 pounds. wilde angelico desie leaues being halfe rootes. wormewood ribworte mugwort, Camapetias speedwell auanes bramble leaues sanacle bittanie dandilion bugle or mather of each one handfull Long peper an ounce granes an ounce safforne twe drames, boyle these in three gallones of new ale till halfe bee con-sumed then straine it & put it vpon the fire againe & put in the hunnie & spices aforesaid & boyle it a little & let the patien drinke it euening & morning

A pretioues balsam

Take a quarter of a pound of bee wax cut it into uery small peices & melt it in a pinte of sacke in an earthen pott or panne & when it is cleane moltes, take it from the fire then poure therein to halfe a pound of unience turpentine first cleane washed in rose water & a pinte & halfe of sallad oyle then boyl them altogether with a uery soft fyre untill they bee well incor porated; then take it from the fire & lett itt coole & when it is thro ughly cold take away the cake & the sacke then melt the cake in the panne againe & when it is moulten put in an ounce of the best red saunders & soe stirre it continually till it be cold this balsam is good to cure any grene wounds being melted in a spoon & with a feather annointing it therewith & put in good store
Lint on the orifice it is good also for any burning or scalding
or any bruise inward or outward & for A stiche being taken
warne with sacke or possett drinke the quantitie of a hasell nutt
A most pretious balme made only by mathew Lucatalla
an etalian newly ariued & neuer sould heare before
which only is in all perfections good to cure these under
written Infirrmities
first it is good for to heale any inward or outward wound
if inward to bee squirted warme in the said wound if
outward to bee aplied with fine linon with anoyniting the plas
there about & it will not only take awaye the paine but like
waize keepes it from inflamation draweing forth all broken
bones or any other thing that else mightt putrefis or fester it
for the braines or inwards as the hart guttes & liuer bee not
touched & itt will heale itt in foure dressing if so bee that noe
other thing bee aplied therunto it allso healeth any burning
or scalding either by fire or water or any other meanes
Likewise it healeth any bruese or cutt, being anoynted
first with the said oyle and apeece of linnene cloth or lint
diped thereing then warme it & laie it to the place itt will
heale itt with out any skarr remaning it taketh awaie all
payne or greefe arising through could as moystneed cakricke

or aches in the bones or sinewes first anoynting the place soe
offended with the said oyle heated & a warme cloth laid one
itt, it helpeth the headach only anoynting the temples
& nose trills there with it is good against the wind collicke &
stich in the side aplied there to warne with hott close
foure morninges togather & euery morning alsowe a quarter
of an ounce it is good against poysone & helpeth a surfitt
taking the quantitie of an ounce there of in a little sacke
warmed itt helpeth bitinges by scorpions vipers or snackes
being drunke warne in milke it is good against the plagae
anoyniting only the nose trills & lipps therewith in the morning
before the goe forth by gods healpe hee neede not feere the
plague it allsoe healeth a fistula or vlcer bee it neuer soe depe
in any place of the bodie being aplied as aforesaid for a cut
it is allsoe good against wormes or canker being vsed as for
the cutt only itt will require longer time to helpe them
it is very good for one infected with the plagae mea sles or
the like soe it be taken in warne broth the quantitie of a
quarter of an ounce foure morninges togethee & sweate
upon it it helpeth disgistion anoynting the nauell & stomachacke
cke

there with when the party goeth to bed the said
Lucatella to giue better satisfaction of the goodnes of this balme not only hath cured him selfe with it being scalded with scalding grease of porke & of boyling Lead but allsoe healed him selfe with it after hee pased throw the flesh of his owne bodie with A sword in the presentes of diures poople

the making Lucatelleys Balme

Alles sicotrina a quarter of an ounce, sullphur viue a quarter of an ounce, burgoney & pitch halfe a quarter of an ounce, incorporate these by beating them well together & soe mingle them with one ounce of oyle of balme

A water of the Leser centory worth to bee compared unto gold

take one part of gentian, two partes of sentory when they are pounded socked in whit wine fiue daies distill them this water drunke at morning & Evening, preferueth the body from all kind of deseases itt puteth a waye all in postumes it maketh good coollour it resisteth the pestallence itt healeth the stuffing of the stomocke it healeth the sicke of the tisicke, it breaketh the stone in the raines it separateh & puteth awaye the watry humores by the spleene it helpeth the stone if it be drunk nine daies togather in the morning & puteth purgeth the bely alsoe it purgeth chollor & corrupted blood itt helpeth wounds wth in the bellie itt cleereth the sight it cureth poysened bitinges, woundes, the pouder of Centory allso ought to be put unto them, Lullie in his booke of waters, certaine att this daye, steepe drie rootes of gentian in whit wine & distill most efectuall water ther out, mellisia thath is citraria saith lullus

Let itt be put in wine to bee distilled let a man drinke a sponfull of this wine, fasting itt sharpeneth the vnderstanding & the witt increaseth the memeroy to a man that stutteth, lay a linnon cloth wett in this wine upon his toungue & hee shall speake right except hee stutt by nature hee that is sicke of the pallsie lets him drinke itt fasting with a little tre ucle & hee shall be cured efectuly it cureth the stinking breath & putteth awaye toothache flesh or fish Laid therein corrupt not & may bee kept as long as a man

folio 3 verso || folio 4 recto
will being out unto turned wine itt restorreth itt
breatheth the stone and prouoketh urin and womens termes
itt is good against the fretting of the gutts & paine
of the vaines, itt ought to be drunke against kirknels
vunder the chinn & a plaister to bee made of the hearbe
if itt bee drunke fasting itt breaketh all in ward & hiden
Impostomes itt healeth all sicknessis which tend to hurte the
hart and sides itt is repugnant against all kind of wormes
with in the bodie it taketh awaye all corupttion of the
bodie quicke or dead itt healeth all that itt toucheth &
preserueth in good health and in good quarter itt chereth the
spirites, itt is good for all the members and healeth the kidnes
of cold droppes aboue all things itt comforteth the
sinewes, itt is most profitable against cabbidnes coming
of could it sharpeneth the sight of him that drinketh
it, it taketh away duskinshe ne teares & superfluous humors
of the eyes, itt is holsom for the brest profitable for concomicion
against euell humors that letteth itt drinke with good
wine itt stireth the appitite it puteth awaye spotts &
frecens of the face that is washed there with if soe bee itt

a little balme bee put to itt & then the face washed there
with itt maketh allsoe good colour it healeth the lawbones
the smell of it killeth all gnatts & wormes, it cureth the drop
psie coming of the a could cause & supperfluous colour
with drinking & washing all manor of wounds may bee
washed there with soe thy shall bee preserued from all
putrifieng, it healeth all kind of agues but most of all
quartenes the drinkeing of this wine letteth the desire
ses of Saint Lazarius from increasing itt is good also
for them whose braine is perished and for the franticke
alsoe if a man eate a spider by chancce & drinke this
wine straight way vpon itt hee cannot bee hurte of
the poysen, this writeth Lullus , millisa beaten &
steeped in wine a night this water distilled & drunk
every day & houlden in the mouth it cureth benum
ing of the sences alsoe the faleing sicknes & droppsie
the quarten ague and diuers desease of blacke choldorro
fleame itt is minestred allsoe to the straungling of the
womb & toothache

A magistrall Electuary of Sulphur the which serueth against
diuerste sort of infermitiies

As the fire hath vertue to heate & drie meteriall thinges so hath the
Sulphur uertue to warme & to drie the humidyte and coldnes of our
Bodies for I haue vsed it diuerse & sundry tymes & alwaies haue seene
Diverse & sundry good effects but for the better commoditie & more ease
to vse it, I haue compounde this eelectuary the which you may vse with
ease & benifett vnto a number and the order to make it is thus
take very fine sulphur that is with out earth & make it into fine pouder
one pound sinammon halfe an ounce saffron one scrupll ginger two
drams muske disolued in rose water two carreth, whit honney crud
as much as will suffice to make it into an an electuarie with out fier then
kepe it in a drie place & this you shall vse in the morning fasting
and this quantitie is from fowre drames to seauen this drieth up scabbs
prouoketh urine breaketh the stone in the Kidnes, or blader it helpeth
the cough drieth up the watteringe of the eies causeth a good appetie
with diuers other thinges the which I leaue to the experementers
Take uinegre, that is sweete & pleasant fiue or six gallons and put it
into a uessell well seasoned & in the wine put fine lignum aloes in pouder
3 ounces, pullipodye of the oke 4 ounces ruberb & turbeth 2 ounces
of each, seenay of leuant 2 ounces, musk disolved in rose water 10
graines & three pound of pouder suger or 2 pound of common honney
which you will - 4 ounces of the roots sipres beaten into pouder & as much
of the rotes of imperatoria in smale pouder and let theese be hanged
in a bagge in the said wine & close stopped for fourteene daies &
then you may drinke there of in the morning fasting a good drafft
this will take away all grosse fleame & uiscus humours & takes
away dropsies & all paines caused of corrupt humores because it
resolueth & preserueth the which are conuenient to be preserued in the body and
this you slh shall take as often as you finde cause it will preserue you in
health and make your body light some and strong;

How to make a diet powder

take antimonium one pownd, of tarter halfe a pound of copres, halfe a
pound all theis beaten togeather & mixt & made vp into littell balles &
so put into a gouldsmithes poot one after another & so let them boyle &
consume away vntil it doeth come to a perffet mettell then take it of
the fier & beate the mettell to a powder & put it into a fresh poot & so let
it burne vntil it come to a whitt powder then take it from the fier and
put it into water & so waish it in manie wateres then drie it ouer the
fier in a pewter dish & so giue it to drincke with cardise benidictus
water or whit whine

to make a diet drinke with this pouder

take -3- quartes of running water two handfulles of the inerpeeles
of aish one, peniworth, of lickarish of aniseede as much of cene as much
boyle theis togeather untill the water be halfe consumed then krinke
it so often as you will;

to make a fume
An artyfysheall Balme

galbanum mastickgum elem\^\text{yum} gum dragons blude & francomsence

of each halfe an ounce oyle of roses suffysicyent to make your bal
some myngle first your oyle & then your galbanum & next your
Elonyum so masticke francomsence & yourdragones bloud so boyle
them tell that it loketh red then let it coole: tell that it be but blud
warne then put in halfe an ounce of turpentine

to make the read minerall pouder

take greene copprus .1. pound, whit copprus 1 ounce, uardigrees
half a dram, allem 2 ounces, 1 ounce of serius, unslakt lime, a
littell hanfull lappis, callamenaris, halfe an ounce commone salt
as much as your lime white wine vinegar .6. or .7. spounfuells to
worke the lomme to a plaster
take whit lead haule a pownd literg of gould & siluer of each
2 drames lapses callamenaris, whit chalke unburned as much
as a small wallnut freesh swines greese 4 ounces boyle them
as you have seene and worke it vp, bolarmenecke .1. dram to
make
to make turbeth reed and whyt

take agua fortus .3. ounces quicksiluer 4 ounces put them
all into one glasse vialle & with your have stopt the moueth of the
glasse close & shake it in the glasse with your hand for the space of
halfe a quarter of an hower to mortifie or keill your quicksil
uer then set your glase into your platter of sand as you haue seene
before & allwaies keepe a good fyer under your platter the

Lodinum or quantitie of this pouder is .3. grains w\text{ith} 3. grains
of eaforbuim mixt with a littell honny or sugar or fresh butter
or in the conserfes of role lixsaties & not stomatticalle first
afore you take this powder you must take preparatiue of
senne or haule an ounce of confectiue hamnickca or con
serfes of rosses laxsatieuf .1. ounce this pouder in ^ this sorth
you\text{ed} take taken .3. times in .9. days with good order of diet
healleth all oweld mallegnence infetriate sores paine in the
loynts all running disseses it eases the extreme paine of the
gout kureth the french disease perfect, festulos & cankeres
runing eies hollo sores in the throat or else where like
wise in your kueer you most youse this decoction of drinke
with all as followeth, the diet drinke is thus made Lingnum
guian .1. pound corttix guiacy .2. ouncies radix sarsapar
rill .1. ounce radix chinne .1. ounce radia sasciphras .1. ounc
Epethumum .3. ounces, rubarba turbeh .2. dramse sene-
alexandria .4. ounces Coliquintidea .3. drams stickcados
.2. ounces hermadacktelos .3. ounces callamaaramaticus .1.
ounce there deagarricum halfe & ounce lensianna .3. ounc
radix tormentill .3. ounces Agrimonium halfe a pound, Iras
astrilogrotundum halfe-halfe & ounce Licoris .4. ounc
radix pollimonnice & ounce & halfe rasinni solles .2. pound,

Rubbegs gallingall .2. drams, coriandrium annees .1.
oounce, fennicules .1. ounce, powder all that is to be powd
ered & you may boyle theis is in, a, new erthen pottwell
leaded with .4. gallones of running water .24. owers or
you make it all into suttell powder & drinke it in bere, at
all times with your meate or betwene meles, but you must not
faill morning nowne & night to drinke a hole spoonfull
of the powder if you drinke not betwene melles this decokshon
is very good against the num palsies & likewise againe
the falling siknes I haue kured of them here with also

To make A fume for the head

bengamen storax of each halfe an ounce lebdanum
.1. dram whith frankcumsence .1. ounce bate all in
powder & strowe it in a chafendesh of coales & fume your
heed & fume your stoupes of fine flax & lay it to your eares and the moueld of your heed and in the nape of
your nek &
to your forehed at night when you goe to beed & keepe you
warne .1. day or to folloing

To make your dyet drynke

take ligenum guacum halfe a pound the barkes ther of .2.
oounces, sene leues .2. ounces lycoryse .2. ounces reed curences
halfe a pound e-tenne quartes of cundewett water beat
your: wood and barke groce & bruk your: licoryce lay all theis
things in steepe in your vesell .24. oweres before that you
boyle them the next day boyle it till the one parte of the
4 be consumed

A gardell to be made for the stone

take fetherfew, willd tansey, plantan, houseleeke, of each
A good quantitie bruse them in a morter seuerally & straine
out the ioyce of them through a fine linnen cloath & put
every seuerall iuyce into a glasle by it selfe & when you
will yuse it take of every iuyce a like quantitie but of the
houstecke halfe as much & ther with temper a littell quantitie
of beane meale together let it not be made to stife nor it to
tender but of a reasonable temperature then put it in to a li
tell baig of linnen cloath made three fingers brod & offe
length to come about your wast & some what longer that
one ende there of may retch downe toward the neke of your

Blader fill the gerdell to the thicknes of a finger bredth
and take a piece of whit leather twice in breth to the
gerdell & fasten it there vpon to keepe the moysture of
the gardell from your cloathes & when you fele your
gardell drey take it out and fill it againe;

An aproued salue to heale all ould sores fistulas
Cancers nollemetangers & wounds of sinews & vaines
Saint Antoneys fier & ould aches & consumeth:
Dead flesh and Increaseth good & taketh
away the spotts of the scuruie

take halfe a pound of turpintine, one pound of rosen; virgens
wax on pound halfe; of oyle olues one ounce, of fran-
kensence one ounce; of masticke beaten into one ounce pouder a hand
full of bettony, one ounce of pimpirnell, veruine a handfull
beat all these hearbes in a morter then put them in a pottell
of white wine & lett it boyle unto a third part & straine
it through a linnine cloth & put it in to a thing by it-
selfe then take the rosen & melt it & straine it through the
same cloth & put it in to the wine & after the virgins-
wax & after the masticke & after the frankensene in

Powdred to gether untill they be well mingled to
gather & then take them from the fier & put theire in
turpintine & then take the iuce of vallerian & put theire
to & stire them togethervntill it be could & then worke
it well with your handes & put it in boxes & keepe it
well, and know well that the ioyce of vallarian dis
stroyeth that is to much & increaseth that is to little
& it keepeth each portion in his estate & this confec
tion ought to be well keep this salue is good for all woun
des that is of nature drawinge & clensing & to consume yll
flesh & in gender good it suffareth noe dead flesh or corru
ption to be on the sore it is good for the broken senews &
for swellinge of the vaines through blood letting &
for saint antonies fier & for vaines straines & senews
and for the scourpie:

to make menstrun celesteus

In the month of may gather good store of may deawe from
rosmary or other hott plants which are inolued with

sharpnes, rectifie the same deawe in balneo maria
until itt leaue no more feces \*\text{that is groundes}^\text{that is groundes}\) then still it often vntill
it bee made diaphanne or cleare & of the colur of pe-
rles it will be good then to cerculate it in a close vessell
to the ende it may be the better kepte, then take one
pounde of the best white shining manna of calabria
& .4. pounde of your distilled aquacelestea still it of
and againe powre one asmuch more Aquacleselestea and
distill it of & so make cohobatiows and distillationes un-
till the said manna be increased halfe his waight
then drye it acording to arte & sublyme it that will
be more white then snowe which sublymeth yfall
be not sublimed, adde againe some aqualselestea &
make cohobation & destillation vntill it be increased
halfe his waight, then is it appte to sublime, keepe
this vegetable mercury dilegently with is nowe fitt to
doe those things which followe take of this mercury
vegetable two ownces of aquacleselestea foure ounces
loyne them all togather place them in balneo in a well
\text{gl}	ext{a}-closed uessell, then doth the water agayne receaue

into her: her mercuy & of two is made if they pase togather
through the spoute of the alimbecke or retorte, & so shall
you haue the catholice or vniuersall dissoluer of all
calcined bodyes; either of calcined corral carbuncles or
rubynes, peales & such like: finally it is dissolued olym=
pecinum;
In stead of the may deawe you may take the liquor you
knowe which is the quintyncence of read wine,

An excellent plaster

Litharge of gold, \& of siluer, olibanum, white lead, bolies
Lapis calaminaris, ana one ounce, rosen wax ana, two
ounces, oyle of roses one ounce

for the fellow iandos and stone

take the ashes of the topps of broome, the stalkes of beanes
the braunches of the white vyne of either a handfull
burne all to white ashes, the which being done put into anipocres bagg straine through them .4. pintes of renish wine, that done take one nutmegg, and cinnamon as much laurell barries ounces .6. comin 2; drames anniseede & &

fennell seede of each halfe a hanfull being all grosly brused with sugar .4. foure ounces let it infuse in the said wine & let the patient take thrise a day,

A magistralia water excellent for all aches & sores

Let all theis bee beaten togither & put in a retort, & put vpon it of pure aguauite .6. pintes & moysten in it, a ragg of linnen hanging in the uessell being set on fire, it will burne togather & mingle it well with the other thinges & so let it infuse .9. dayes & then distill it in cenders & there will yssue a water and oyle togather the water white & so contynew a softe fire untill there yssue a blackesh oyle then chaunge the receauer & put to another making stronge fire vntill the spirits come fourth & all being yssued, seprate the oyle from the blacke water & keepe it by it selfe & so doe withthe first water seperating it & keepeing each apart, or by themselues, the whit water is the

water of the balsamo that which is separated is called the oyle of balsamo the second water being blacke is called the mother of balsamo, this seperated oyle is calledartyficiall balsamo which keepe as a iewell, the white water preserues the sight mak ing also a cleare face preserues youth, breakes the stone in the raynes & helps the strangury made by carnositie of the yard helps blowes & brusses all ethick feuers catarrs, cough, sciat ica the mother of balsamo which is black helps scabbs, leapers ulser, which are not corosine, the oyle of balsamo serves for blows or brusses, head or bones or, membranes prickes, the balsamo is myrualous for the evill in the flancke takeing of it, .2. drames & for the cough catturr coldnes of the head & stomache blowes of the head anoyntinge all the head once a day resolues any swelling speedyly the names of the ingredyence are thies take fine turpentyne .1. bound, oyle of bayes .4. ounces, gum arabic .4. ounces, galbanun .3. ounces, incense & mirrha and .3. ounces, gum of iuy, woodalloes, gallengall, cloues, consoluea minor, cinnomen, nutmegges, Zedoarie, ginger, whit dicta mus, of eche an ounce, muske, amber greese of each a dram
the manner to make alome out of
the mynerall
first the substance or stones must be burnt & after
ward out of the burned stufe make a lee the which after
it be cleere it must be put into a kettle
to make a
sallt peter put in scallding water
will take outany stanes out of silke
or cloth

to make a very good plaister or searcloth
for all aches & also for the scatica

take .1. pound of red lead, .8. ounces of white lead & beate them
in a ston morter verry fine then take .12. ounces of castell soape
and shave it smale in thinn pecces then put them all into .2.
pound of sallet oyle & then mixe them well together then set
the pan upon a reasonable soft fier & stirr it contynewally
untill it is boyled well & when it is boyled ynoth then the
coullor will be like a sad tauney then power it upon a lyn
nen cloth & make it into serclothes, on both sides with the saline
take halfe a pound of turpentyne, .1. pound of rosen, .1. pound of
uirgens wax, halfe a pound of oyle olives, .1. ounces of frankensence
.1. ouncse of masticke, beaten into powder, an hand full of betony
.1. ounce of pimpernell or ueruaune a handfull beat al theis
herbes in a morter then put them in a pottle of white wine
& let it boyle unto a third parte & straine it through a lynen
cloth & put it into a thinge by it selfe then take the rosen &
melt it & straine it through the same cloth & put it into the
wine & after then urgen waxe & after the masticke & after the
frankensence, well poudered together untill they be wellming
led together & then take them from the fire & put therin turp
entyne & then take the iuyce of ualerian whether you will

more or less & put ther to & stirr them together untill
it be cold & then worke it well with your hands & put it
in boxes & keepe it well, & know well that the ioyce of
ualerian distroyeth that; is to much & increaseth that
is to little & it keepeth each portion in his estate, & this
confection ought to be well kept, this oyntment or salue
is good for all wounds it is of nature drawing & clens
inge to consume ill flesh & ingender good that suffereth no
dead flesh or corruption to be in the sore it is good for the
broken sinewes & for swelling of the uaines through bloud
leting & for saint anthonyes fire & for uaines strained & sinewes
A preseruatiue against the plague,
this pouder to bee drunke euery morning
with white wine mixed with fare water
drinke it fasting & fast an
houer after

take allos secatrine, synamon, & mirr, of ech an 3 drames, cloues
mace, mastick, & lignum, aloes, of each halfe a dram bolear
meniake, & safron of each a quarter of a dram beat
them all seuerally into fine pouder & then scarce all to
gether & keep the pouder in a box,

A plaster of the old Ladyes mountagues
made by good wife edwards
it is good for all odd sores & cankers

take of rosen .1. pound & beat it into fine pouder & .9. ounces of
hogg's grease molton, & boyle theis together then take them
from the fire & set them vpon hott embers then put to them
.1. pound of turpentyne & .1. quarter of an ounce of uerdgrease &
stur them well together & let them singe upon the embers,

for paine in the ioynts

take the doung of an oxe mingled w wineger it swageth
the swelling easeth the paine & sucketh & pulleth forth the
matter like a drawing plaster & heleth w out hurting;

A salue to heale a cut and is good

for other sores

take .3. ounces of sallet oyle .3. ounces of wax & boyle them to
gether & stirr them then let it stand a litle of the fire & put
to it .2. ounces of turpentyne & set it on the fire so that it do not
seeth then stir them well together & set them from the fire un
till it be almost cold then pouer that into plantaine or forwant
of plantyne put it forth into fare cleane water & so make that into
a litle cake & you may use it as you need either for lent or plaister

to make a salue for a fistula;

for a tetter or a ring worme
take .4. ounces of black soape, .4. ounces of good wax, a quarter of a pinte of sallet oyle, & one quarter of an ounce of rossen, melt all this together upon a soft fier untill it be & oyntment & ther with anoynt the place of the ring wormes & it will kill it
to make a salue for a fistula
take a blacke snale & hearb greace & beat them together in a stone morter untill it becom a salue & then lay it to the sore & drese it twise a day,
A receit for the taking away Quicksiluer out of mercurie, that ther by may be made a parfect water to keepe the face cleare from spotts or wrinkles and is mad as followeth
mercurie one pound make it into fine pouder which you shall do in this manner put your mercurie in a sheet of white paper & then with a sleeke stone bruise it very smale, for you cannot make it to smalle then put it in to a pewter dish & put ther to a very little water with a spoune then with a great wooden spoun stirr it well till it be disolued & will groue to be very thick & foule the dish then hold your dish of one syd, & the quicksilure will run from it
then put it into another cleane dish & stir it well for the more you work it the better it is & the cleener the quick siluer will comforth after the second dish is fowle & that you haue gotten out more quicksiluer, put it into another cleane dish & work it well still then it will grove & become little lumps & the quicksiluer will apeare like pinns heads, then with a corner of a card sweepe them away besides there will appeare a black skin on the top of the mercurie which you may take away with a card but if you doe not it will com out in the steepinge, after you haue thus done put it into a glasse & fill it with water & let it stand for a weeke then put that water away, & put in fresh then the mercurie will swell & rise to the topp of the glasse & becom like curdes then when you see it fallen to the bottom put away that water & put in fresh then it will rise no more if you will you may shift it againe & so let it stand & the longer it standes the better it is which when it is ready to be used you shall know by putting a bodkin of siluer if it turne it black let it stand still if not you may use it & the longer you let it stand the better it is;
for heat of the face

white coppras halfe an ounce white allum .1. ounce
brimstone halfe an ounce pound or grind all very
finale & put it in a glasse ussiaell powere upon it a pinte
of white wine mingle all well together use it not within
.24. houers lest it blister;

A water of maruellous vertue to bring;
againe the sight of the eies, to him
that hath lost it, or is deminished
by sicknes or any other accident

take three drames of tutia made into smale powder
and as much, aloes epaticum in pouder; .2. ounces of
fine sugar .6 ounces of rose water .6. ounces of
good white wine mixe all thies together & put it
in a glass ussiaell & being well stopped, sett it in
the sunn a month together contynewally mixing
& stirring all the said thinges once a day to the in
tent they may incorporate well together this
done, take of the said water & put of cartayne
droppes of it upon your eies morning & euening
& contyuuing a sertayne space & it will make
the sight com againe as cleare as euer they weare

A maruellous water for diuerse infirmities

take one ounce of frankensence, of the male kind, called in
Latine olibanum & as much of sarceoalla, .6. ounces of aloes,
epaticaum, good & cleare honey, the iuyce of plantane
white rosen of each of them .3. ounces, stampe them all
together & mingle them this done put them into a glasse
vesell meete to distill it well closed & luted about, & distill
thes thinges in a limbeck as wee haue before declared
& give it a sloe fier that the water may mountypward
for it would marr if you made it not desend in conty
nent in wetting the mouth with water & this water
the cometh out is wonderfull for all infermities as I hau
had the expeirience of it upon a yong maide that had
broken her arme whether it weare that it weare not well
dressed or by any other ocasion I knowe not but within
a fower daies it began to putrifie & to rott in suchwise
that the fishisitions & surgions would haue had it cut off
but by the consent of master seraphin this water was
layde which is made in .4. or .5. houers & after thay had
well washed & rubed her arme & the bouts that shee was bound with all in laying it upon the broken place & wound

she was cured in few dayes after, & in distilling this water you must understand that at the end it changeth the coulour, & then you must chaung the receauer because the last will marr the other which is very good & having ended your distillacon you shall take up your leese or gum which hath no less vertue then the water, & if you make pouder of it, it will be good for putrified wounds;

A medycine for the eies made by Mistris. lames

take sage leaues, fennell leaues, wormwood leaues dasie roots & leaues of each alike shred them smalle then moysone it with a little honey, then take the white of an egg & beat it to an oyle & take a little flax or towe & put it into the said oyle which you must lay next to the eie then take the said herbes & spred upon a cloth then lay it upon the flax or towe & if you lay it for a pearle of the eie or spott laye upon the contrarie wrist ueruaine & bay salt beat together,

for heat and pimples in the face,

take an ounce of campher, an ounce of oyle of bayes, an ounce of barrowes grease, & brimstone as much as a great hasell nut disolue thies altogether one the fier untill you knowe not one substance from another always stirring it, so when it is cold anoynt your face with it with a fether when you goe to bed then in the morning wash your face with this water take rotch allum, white copperas, & running water, boyle theis together and use it cold with a linen cloth,

for the same

take a pinte of white rose water, if you cannot get the white rose, then take the same quantitie of red rose water, & as much whit wine vineger, & the wayght of a groat of the whitest gum dragant, put all theis together in a violl glass & so let it stande with a linen cloth wash your face twise a day if it be to sharpe put in the more rose water
An admirable water for diseases of the liver, spleen, kidney & all obstructions.

取匈牙利含笑calcined to a redness .2. pound water flints calcined .3. pound tartar calcined white half a pound, beat all to fine powder & put it on a marble in a moist seller .14. days or more, & being dissolved, distill it .3. times in the limbick, each time pouring the feces, & pouring on it the water distilled, in the manner of extracting, afterward put it in to a retort with the flegme & distill it with a gentle fire: & first will come the sweet flegme then the sharp spirit, then a\textsuperscript{th} augment the fire by degrees for .12. hours & take the dead head calcined, extracted salt & circulate with it the sharp spirit to make it of more efficacie, the dose is every second morning one spoun full, & is not to be held in the last place of secrets it cures the dropsie, suppressad months,

the confect: of coriander seede

取香料半斗 & an halfe of rosemarie half a handfull of cubes .1. ounce & halfe let them be cut & pounded & then sodden in .2. pound of the sharpest white wine vinegar you can get unto the third, straine it & in that which is strained a sufficient quantitie of wine vinegar infuse hot, .2. pound of coriander seede & let them stand infused in some warme place .24. hours then straine the coriander & puttinge to them refined sugar sufficiently boyled make according to arte, a confect with one cote, the uertues, a few seeds of this confect, taken

after dinner & supper & by little & little chewed between your teeth keeping the mouth ever close, it cannot be spoken how much they doe helpe the memorie & digestion by comforting of the braine & repressing the fumes that ascend towards the braine, & it also closeth the mouth of the stomache this taken out of dornerellius his dispensawrie pay 84,

...to make Isle of whit fine bisket cakes

to a pecke of fine flower, put .2. pound of fine suger, a pint of rosewater, a pint of very good sacke, a spoonefull or tow of barn .8. or .9. rasas of ginger, about an ounce & a halfe of anneecedes
temper all colde & take .2. pound of butter, with a little faire water boyling & skimeing it & then make up all into dowe letting it after that it is well tempered reste by the fire in a warme cloth then make all vp into smale cakes & heate not the ouen to hott;

A water for the eyes

white wine, rosewater of each halfe a pound of tuthia prepared .1. ounce mace beate to powder, halfe an ounce put all into any all well stopped & set it in the sunne three weeks, theis water is verry good to take away the rednes of the eyes, to drie up the wateringe to strengthen the eyelids & cure the ulcers;

Treacle water

the roots of gentian, enula campana, tormentilla angelica masterwort of each .1. ounce, galangale irisit florence of each .6. drames, zedoarie, the pills of drie citrons, & oranges, cinamon, cloues, the seedes of carduus=benedictus, the berries of iuye & juniper of each halfe an ounce dictamnu, scordin bawme, mar ygolds of each halfe an ounce, let them be steeped a whole day upon hott imbers in a vessell that is not very wide mouthed & well stopt, then take .6. pound of white wine the next day adde the decoction of mede sweete betonie water lilies .2. pound; then let them boyle a little ouer a soft fire & after you haue strained it dissolue therin of treacle .4. ounces leting it infuse a whole night after put it in a glasse alembick & distill it in balmeo maria keepe the distilled water, this is the best of all treacle waters for it not onely retreateth the faculties but it is good against all pestilenc & venemous mater sroundinge panting of the hart all faintinge swiminge of the heade lethargle faling sicknes & palsie;

to make fine biskett

take .1. pound of fine suger .1. pound of fine flower .8. or .10. eggs put amongst it a penny worth of anneecescede &

a few coriander seede beat all well in a bason together & make it up into cakes after it is baked you may cut it in slice & candy that with suger if you please,
Soluble prunes

fore quartes of whey & adde to it of polypodie of the oake bruised .2. handfulls, betonie borage of each .1. handfull, spith ymu halfe an ounch, sena .2. ounces of stiechados halfe an ounce of fennell seede, coriander seede prepared of ech halfe an spownefull boyle all these together then straine the wh^ ay & take of fine damaske prunes .1. pound let them plume all night in the liquor & with a sufficient quantitie of sugar boyle it into a syrupe & keepe the same with the prunes in a galy pott, the dos is .4. or .5. of the prunes with 3 or 4 spoonefulls of the syrupe;

A proved medycine for an, Ague:

take .9. slipps or topps of orpeny, .6. roots of plantayne .5. roots of harts horne stampe them in a morter with a good spounfull of bay salt till it com to be like greene sauce then applie it to the wristes warmed in a saucer & let it ly on till the next fitt come, prouided it the fit com in the morning,

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Lay it one .6. howres before the fit come if at night lay it at noone; & hang .9. roots of hartshorne about the partise neck; made up into a little bagg & let it beworne a fortinght after the fit is you,

for the stone in the blader and kiddines

of white wine .1. galon hisope, red fennell, balme filip pendula, saxifrage, beane flowers or the cods, of eache a good handfull solt hill tyme, pellitory of the wall Farmander of each a good quantitie sampier halfe a pecke, may flowers .1. pecke, cut them all in peces & put it into the pot with aniuice seede, lycorice of eache a quarter of a pounde & so still all in an alembecke, the dos when the peacint taketh is .1. spoounefull when the paine taketh a little warmed

Sir Walter Rallyes pill ,

which hee soe hilyly comended allos .2. ounces, beaten into fine pouder, merh halfe an ounce, beaten into powder masticke halfe an ounce poudred safron .2. drames put all these into a glase bode of some pottle then power on as much spirritt
of wine as will couer the whole an inch ouer let

the glasse rest neere the fire one or .2. daies when you see
the spirrit of wine deepe colloured powre it of into an other
glas then pouer more spirritt of wine into the first
glas & when it is allso deepe colloured powre it slulo into
the other glas soe doe with the spirritt of wine untill you
haue taken all the tincture out of the medesson when
you haue it distill it in water boyling in a glass bodie
with a receauer close luted you shall haue all your spir
ritt of wine in the receauer, & that which remaines in the
bodye of the glass is your medeson which you must make
up into pills when it is in su-diferent haxde soe as of
an ounce you make .80. pills;

A receate for the shedrig
of sperme

the pouder of mastack, olibinom, storax & caxdeunu
& make them up into pills & take three in the morning
& fast an howre after & three at night when you
goe to bedd & take these for a weeke together & the
will perfittly cure the greese

of mille foile or yarrowe and his
greate uertue
this hearb mille foile is well known unto most men
of many is letle esteemed because it groweth soe
comenley amongst us this hearbe being grene is a
myraculos & deuine remide to healpe any fresh
bleding woundes, if the stamp a handfull of it
lay it upon the lippes being close loyned together
with in the space of .24. howers it shall be perfectly
whole if the drinke three ounces of the ioyse of this
hearbe with new milke morning & euening it will
helpe gororea in short time it is also an exolent
remydie for those that haue theare liuer & lungese
elcerated for this I haue proued diuers times in
goates the which are trobled with a cartayne infirmi
tie the wich be caled bissole of the goate, keepers for
ther are certayne impostimes that doe ingender,
in the liuer & the lunges & causeth them to die I haue
then seeing that in the interior partes of the goeates
made this experiance I toke milfoyle made into
pouder & gaue it the goats with salt for the most
part they weare holpe & after that I cured a number of men & women of that desease for of that infermitie there die a great number in the world, & with the said order aforesaid you must be saue a number but it must be mixed with salt artificiato leangrdo those that are eticie & tisicke die com only throught impostumes & ulcers that are caused in the liuer for of this I have seene aboue an hundred for after they ware dead I have caused them to be opened to see the experiance you shall understand that this herbe milfoyle hath a greate propertie to heale those ulcers and there for the chirargane that understandeth not phisid can euell helpe those ulcers inwardly because he canot applie his unguts & plasters as hee doeth outwardlie & those kind of ulcers cannot be knowne but of those that haue seene them & haue seene the succes of thare deseses & therefore I may well discorse thereof because of them haue passed a great nomber through my handes & I haue seene them with myne eyes soo that I conclude all whic I have said is two thinges the one is to see the thing infacte the other to haue approued medesones to healpe them: a a most exolent composission of this hearbe the whic helpeth woundes in uery short time, take this hearbe when it is flouered & redie to seede & put there to bedellium frankensence & comone oyle, & make thereof as it ware a mustard then distill it with a gentell fier with greate diligence as the distill our oleum bene dictum & thou shall haue a rare secret, against all manor of woundes & ruptures soe that it causeth the world to wonder at his operation,

An approued Elixer for the recovery of health in those that haue longe lauginshed & beinge taken of those that being health preserueth them form sicknes many yeres & keepeth them in youthfull state & strangtheneth the braine & memory

take the seede of quinces .6. ounces the pills of citrones .6. ounces harts tongue leues liuer worte agrimony balme mugwort nettles of each .4. ounces beate all theise grosly & infuse them in .12. pound of stronge whyte wine & there let it remayne .6. dayes then distill it with .6. ounces of honny & one pound of sugar untill you
have receaued to pounds of water then take it
from the fire & let it coole, & strayne it by a filter which is a epecres bagg then,
put therein the first water, & .8. drames of muske
desolued with two ounces of role water then for and
pound of the said matter put ther unto one scruple
of oyle of uitreall, & incorporate them well together
then keepe it in a glass close stoped that it take noe
ayre & of thes you shall take one ounce in the morning
cold & fast after two howers for who soeuer doth use
this in his health shall seldom be sick but
lieu in health for in this composicon there entreth the
seede of quinces that resolue the filter euell quallyties
of the stomack & maketh the hart merry the poune cit
ron pills preseruves & helpeth digestion the harts toung
liuer wort colapendrea balme & mugwort & uergaarea,
purifieth the blood, healeth the liuer, disolueth the stone
& causeth good digestion & comforteth the hart the nettle
warmeth & prouoketh urine disolueth reyudynes and
mundifieth the raynes & kidneys & resolueth the mit
malignety of ye synewes & the ioyntes comforteth nature
strangethen the head & sustayneth the straugh of

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the muske is warme by nature & desolueth the ioynd
ynes & puryfieth the blood & the oyle of uitreall
healeth all the excoreacous of the mouth, breste,
stomack, raynes & bladder & preserueth the body
from all corruptiones soe by this you may see
of what preportance these compositions is through
the uertue of the sundles that are therein soe to
conclude I say that this is one of the beste com
posicus that, can be made in letteth alterac
ous in our bodyes & helpeth against all
diseases & infermities & preserueth helth, &
Longe life to those that use it,

the ^ Exolent aproved Elixir and the order
to make it,

this elixer is a medicen of soe much uertue & effecty
that it helpeth all deseases that may happine unto
mans body beacause it cooleth all those that are hott
& heateth those that are could the which it doeth by a
certyne qualitie that it hath the which I haue all
ways found proued by experienc a thousand
tymes in diuers & haue aplied it in sundry sorts

of infirmatiues in the which I haue allways found great
goodness & the order to make it is thus,
ginger, zedouaria, gallingal, long peper, white peper,
guniper berres, citron pills, oringe pilles, sage, basell, red
bame, rosemary, mint, margerom, bay berys, peneroyall
gencian, calamint, elder flowers, reed roses, & white spi
cknard, cubebs lignum aloes, cardiomomum, cinamon,
callumus, aromaticus, camedrios, stocados, camipitos,
melegete, maces, safforine, olibanum, aloes, epatik, the
seede of mugwort of each dram figgs, reasons, dates,
almounds, graines of the pine, of each 5. ounces, comon
hony, of fine shuger, muske one drame, beat all the affore
said grosly & infuse them in .20. poundes of pure w.
rectified aquauitas without flegme & soe lett them stand
eight dayes & then distell it in ballneo maria, untill it
change couler then take away the receuer & sett ito it
another & keepe that water in a glasse close shutt for
that is the elixer of great uertue as is said before
then take the glasse forth of the balmeo & distill it
in sand tyll all the substance be comfort the which
substanc will be black of souler, & will stinke of the
fire but in time it will becom cleare & sweete & is of great
vertue in diuers infirmatis because it helpeth all

put risied ulsers if ye dress them theire with & if
you take one drame inwardly it helpeth diuers in
firmaties within in the bodies & usinge it continually
& if any use it in the tyme of pestelenc it is impos
sippl that they should be infected because it
disolueth all yle humors that corrupt the body,

oyle of talcome,

take .6. pound of talcome beaten uery smalle & put it into
some earthen pott not leaded within & fill up the pott with
the talcome when it is full set the couer of the pott upon it
& binde it fast with some wyer & stop it uery close with lutewn
sapi-sapientia & when it is drie set it in some furnaies
of brycke or alime lime killnere to the mouth where the fire may
reuerbrat or a glasse furnace & take it out, take heede
you breake it not & when it is coole grinde & bray it upon a
marble stone untill you haue made it like to flower doe
this quickly that it take not much ayre & then put it into a
little bage pointed at the bottom like a gellie bagge then
fasten a glase or some well leaded uessell unto the poyn of the
bagge that it may be fitt to receaue the said oyle
then by a rope let it doune into a well some yard & a halfe
or two yards from the water nere to the well soo it touch it not
& soe let it hang .20. or .25. daies then if you find that it begine
to cast out some oyle take it out of the well & set it in some moy
st place, in some corner of your seller to defend it from the
ayre: wind or other harms & soe leaue it soe longe untill
all the liccor become out of it then take the lees which remaines
& distill them through a limbacke first with smale fire
augmenting it by degrees untill by force of the fire all become
forth, now the fist that cometh out is called the earth & is very med
esonable the second is called the alkimistes fire of talcome & the
riches of the alkimistes & because it had greate fire it must
needs haue much moystnes if you take this last lees & stampe
it in a morter then put it in a pott powring some well water
one it & so let it boyle a while & straine it & therewith wash
your hands face or body it will make them very white
soft & free from freckles or spottes good for ladies;

phrenesie,

phrenitis is the greecke word, & some greatianes doth name it
after the a rabies sirian or carabitus the barborose word
is named franisis the true lattanes doe use the terme
after the grecianes in english it is named a phranisie or
madness the which absolutely is an impostumation bread
& ingendred in the pellicles of the braine, named in latten
pia mater the which a postumation, doth make alination of

folio 22 verso || folio 23 recto

mans mind & memory there is another accident phrenesie
the which is ioyned with another sicknes, as a phrenesie with a
sicknes or with a plurisie, & such other like sickneses,

the cause of his
Infirmities;

for the phrenesie the cause is shewed how be it some holdeth
opinion that phrenesie doth come of a billous humor opresing the
braine & some saie it is an influmation of the braine the which
doeth pretarbate, the reason & doth make a man out of reason
the accidental phrenesie doth come two wayes the one is throw
coll-a hott fume ascending from the stomacke to the braine
the other is thorowe collygation of the uaines or sinewes which
the braine hath with the meddrefe,

A remedie

first let the patiant blood of a uaine named cephilian, then
share the head & anoynt it with the oyle of roses or elce wash the
head with rose water & uinegar & if the patiant cannot sleepe use
dormataries, & keepe him as quit-quiett as is spasified in the
chapter named mania for pherinacia loke in the chappter medicinea, there bee foure kindes of madnes which bee to saie in latten, mania, melancholia freinsie & demeinachus, they the which bee maniack in thire madnes be full of diuination as thinking them selfe to concure or create or to make things

that noe man can doe but god & doth presume vpon super naturall thinges, thingeking that they can or doe the thing which is impossible for man to doe, melancholia is another kind of madnes, & they which bee infected with this madnes, be euer in fere & dread, doth thinke that they shall neuer doe well but euer be in perrell ether of soule or of body or both wherefor they doe flie from one place to another & can not till wher to be except they be kept in safegard, frensies is another kind of madnes & it doth euer come in a feauer, they doe raue & speake, & can not tell what they saie demoniachus or demoyace is another kinde of madnes & they which be in this madnes bether possesed of the deuell, & bee deuillish parsons & will doe much harme & euell, worser then they which bee maniake for maniake persons cometh of infermities of the bodie but demoniake persons bee possesed of some euill spirite as it doth apeere in the chapter named demoniachus also there is an other kinde of madnes named luniticus which is madnes that doth infect a man once in a moone the which cause one to be gearishe, & wauering witted, not constant but fantastickeal for all these matters looke forther in the chapters of these wordes, prenomintiated in the brauarie of helth,

the Sirrup of a capon

take a greate fatt capon that is well fleshed & pull it whill it is a liue & take forth the gulls only & the bellie & when hee is deade stampe it in a morter grosly & put it in a distille ing glas with .20. pounde of goode white wine & halfe an ounces ^ of salt, an, ounce of sinamone then destill it in balneo untill the two thirds bee consumed then keepe that which is distilled & that which remayned in the glass straine through a cloth & pres out all the ioyse of the flesh with a pres then pass all that through a filter & then with sugar make it in forme of a sirruppe but boyle it not to much then put therein tal-that which the distilled from the capon & aromatise it with sinamon, halfe a drame, safron one scruple, muske .4. graines rose water .2. ounces then keepe it in a glass close stopt & this hath noe dosse because it is taken only to sustaine a weeke nature you may put it in broath or in any other meates or by it selfe & all wayse it will worke
his operation in straughting those that bee weake;

A restorative made of the
herbe rosasolis with the
nges & gather it in iune
or iuly;

this herbe rosasolis groweth in marish ground & in noe other
place & it is of a hory colour & groweth very lowe & flat to the
ground & it hath a maene long stalke growing in the midste of it

and seuen branches springeth out of the rote round about the stalke
with leaues colour & of a meane langth & breadth, & in noe wise when
this hearbe should be gathered touch not the hearbe or with your
hands for then the uertue thereof is gone yee must gathere & plucke it
out of the ground by the stalke yee must lay it in a cleane basket the leaues
of it is full of strength & nature & gather so much of this herbe as a
will fill a pottle pott or glasse & wash it not in any wise, then take a
pottle of aqua=composita & put them both in a large pot or vessell &
lett it stand hard & fast stopped .3. dayes & .3. nights & one the .4. day
open it & straine it through a faire linnen cloath, into a cleane
glasse or pewter pot, & put there to a pound of sugar small beaten
to poudre .1. pound of licorise, beaten to poudre & demi pound of dates the stons
taken out & they cut in small pieces & mingle them all together and
stop the glasse or pewter pott well so that no ayre come into it in any wise
this done ye may drinke of it at night when yee goe to bed, demi spoone
full mixt with aquauita or stale ale & as much in the morning fasting
& there is not the weakest body in the world, that is wasted by consump
tion or other wise, but it will restore him againe, & make him to bee
stronge & lustie, & to have a good stomacke & that shortly & hee or shee
that useth this.3. times together shall finde great remedy or comfort
thereby & as the patient doth feele him selfe so hee may use it;

A presaruitue against
ththe plague,
in the morning eate bread spread with honye & at top buttre

for the white flux

take a quart of new milke parsnepe a handfull cut in slices clary in
poudre halfe an ounce rise in powder a dram boyle all theese in milke
till it be in forme of papp, eat of this .3. or .4. times a day .2. sponefulls
at a time
An oyle to helpe sinew or musselss distempered
or displaced & to restore the true balsome
of nature in then againe

take the starrs shotinges one pound of the gum of luey one
pound, & one pound of the gum caled tammahacha & a
pinte of malmsie & a pinte of the oyle of water lillis & a
pinte of ground wormes, put all these together in to an
earthen pott with a narrowe mouth & couer it close & lute it
well with clay: that noe are come out then set it in horse
dunge that it may be couered ouer the thickness of a foote & let
it stand .40. daies there in to putrifie then take it out & set
it in a could sellour for .24. howers then open it & put all
the saide stufe in a ground glass body with head & reseauer
& distill it in balneo: till all become into the recauer then
with a glas tunnell separate the water from the oyle & keepe
them a sunder in glasses close stoppt & use them in this
mannor bath the greeued place before the fier with the water
first for that will dissolue the iellies in hollowe places that
is the cause of slipping out of ioynts then dip a cloath therein
& lay it upon the place greeued & let it be thus dressed morning &
euening for one weeke then laue the water & imploy the oyle
in the same manner & this cures those that haue bine longe
lame either by breacking or sliping out of bones or sinewes

To make oyle of swallowes

take one handfull of strabreies leaues one of lauander cotton
one of time, then take bloode feathered swallowes stampe them
& then Boyle all theies together with A pound of may butter, then
straine them into a galline pote to keepe for your use, against
all strainges of the sinewes and ioynts:
take ragged pearle made into fine powder .1. ounce, white
curral as much crabs eyes as much foure bones of a stag
ges harte of saffron .1. dram, of beaser stone halfe a dram
the blacke tipe of crabs claues so much as all the rest doe
way beate & serce all these & then make it upp into bales
bigger then nutmegges with gelly of iuery & harts horne,
& so put them upp to dry in some cleane woodden box &
keepe them close from the, ayre,
this powder is good against paine of the harte & consump
tion & all paysones, or the plague & to expell the smalle pox &
helpe the bitting of mad dogges & uipers & to cure all agues &
feuers, & hellpeth conseptions it causeth on uilonce to nature
neither by seegero uomit it cureth the stone in the kidneyes
or blader the doce is .6. or .8. gr. in the extreamest sicknes
with two spoonfull of angelico water & 4 sponefulls of cardusbeniditus water mingled with the angelico, then take a spoonfull of the mingled water & put 6. or 8 gr of the pouder

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of this antidote into it & take it in the morning or at any time in the day if the partie bee in great danger put A spoonfull of the said mixed water into the spoone & take it downe & then drinke of the residue of the mixed water goe to a warme bed & this will drive out the poyson of what kind so ever it bee by sweat this hath binne often proued;

For the dropsey

read sage, agremony, camapithias, bay beries, iun eper buries & red dockes: of each one ounce: mayden heare two ounces sinomon two peneworth nutmegs cloues cloves 12. bete well together put them in a linnen bage hange the bage with them in a uessell of .6. gallons of alle of the best: & well sode put astone into that to keepe that downe out & when it is stall drawe out & drinke of it all tyme when you thirst & shall haue one uessell under another with the same prouission of ingredience to so much alle

To take away the blackenes of a bruse

Take Bee wex & melt it in hott water and spread it upon a cloth and lay it one; this will take it away very soon;

To make A drinke for the wind

Take sume smalle beere & the topes of speer mintt; & Rosemary; the roots of angelico candied; & green ginger candied; boyle all this to gather to halfe the quantytie; then take out the things and putt in as much claritt wine as ther is liquer boyle it & sweetten it with suger & drinke a good draughtt of it hott at a time;

For the shingels,

Take the greene of a well=buckett, cut it small putt itt into the bloud of a Catt; & beatt it well; take the koome of the bells put it in and spread it one A cloth lay it one tell you find hellp night & morning round the place;
To stint bleeding at the nose

Take barrow= hogs dung; & vnsett isope; beatt it togethier and stoppe; the nose with itt,

for sore eyes that be swelled; with rume;

Take ruyenge water dip it against the streme; lay 4 in it a thick piece of manchat; & when it is well soke take it out putt it into a dish with the white of a egge a peny=worth of oyell of roses beate them well to gather lay it betweene a cloth & bind it one the eye and rest vpon it;

A powder for a tertian feauer

Take of orenge pilles halfe an ounce, as much of nuttmege and a like quantitie of the beste Roch alome all in fine powder: and tenne cloves likewise powdred mixe them well togethier, take for a Child as much as will lye on a six pence in three spoonfulls of the best white wine vinegar and for want there of ale or beere, for a stronge body twise soe much: drinke before the fitt tooe howres and sweate vpon it that when the Could fitt comes you may prevent it by sweate but walke after the drinkinge of it present ly soe longe as you can if it bee halfe an howre and then goe to bed; take this for three dayes but fast tooe how res after it, but sweate not nor goe to bed but on the fitt day if you put to it one graine of Bezear stone it will not bee a misse

A sweet water

Put into a glasse of rose water .2. graynes of muske and stopp it very cloose, and lett it stand in the sune .12. dayes

To make sweet baggs

Take .2. Bushells of Damaske roses dryed halfe a bushells of sweet Marioram dryed a quarter of a pound of Beniamin,.2. ounces of storax a quarter
of a pound ladanum, a pound of orris a quarter of a pound of Cloues: drye all these together in a brasse pan, and make there of sweet Baggs.

To make puddings or Custards

Take a pint of the best creame, then take .6. or .7., eggs and put away halfe the whits beate them well put them to the Creame then put to it halfe a pound of fine oxe sueett very small shreed, season it with a pound and a quarter of a pound of sugar and nutmegs, then take fine Manchett & grate it & putt in to itt, but you must not make it thicke soe stir itt well together then putt it into pudding pans doone a bout with sweet butter stirre it When you put it into the oven,-

To make a delicate pudding with onely a loafe of whyte bread

Take a loafe of the purest whyte bread that is stall and cutt of the crust; then take the loafe of crumme & putt it whole into cold water: & let it stand in it an howre during which tyme, sett some water a boyling and lett it boyle an howre, & then take the loafe out of the cold water; & putt itt in a bagge; & soe putt itt into the boyling water; & lett it boyle an howre then take it out & putting itt whole in a dysh; melt a conueuient quantity of butter: & poure upon itt then strow some nuttmegge; & suger upon itt and soe eate itt;

for a horse that is hurt with a falle or runge with a sadill or any sivelling in any part about him;

one pennyworth of fresh grees; one peny worth of venius turpintyne-one pennyworth of rosan, and tow peny worth of hony, one peny worth of inglish treckell; one peny worth of tar; mixe all this togather and boyle it a quarter of an houre when it is all most could take a hand full of tooe and dip it in to it and bine it one and dres it twise a day warme

for the Eyes
Take twoe penyworth of Lapis Calimeniaris beaten as
fine to powder as maye be; & putt it into twoe pennyworth
of maye butter; sett them vpon a soft fier & stur them vpp
and downe a little whyle then stur yt of the fier att night
when you goe to bedd lye vpon yo your back & dropp
.3. or .4. dropps in to your eye, then shutt your eye
halfe a quarter of an houer and anonymt your eye where
yt is sore doe this a weke togather if neede bee more-
you must a little warme it when you vse itt;

for the swelling or falng downe
of the allmons of the eyers'

Take one spounfull of life hony; and twoe spounfulls of
sallett oyle beat them to an oyle, then take one cloue of gar
lick pill it and pricke it wth a needell & lay it in the oyle
one hower & then putt the garlick in to the holle of the eyer
and strock the swelled places with the oyle rope it vp
warne & ly one the contrary side one houer, you must lett
the garlick ly in tell you are well butt you must anoyn
it tell you find helpe night and morning;
the roote of ellibur slice them & putt them in an apple
and lett it stand all night day at night rost it then take
the roots away & eate the apple & this will purge

for the greene sickenss

Take one gad of stelle fille it then take one ovnce of it; & halfe
an ovnce of nuttmeggs; and then mingle them with loafe sugre
tell itt bee very sweete, take as much as will ly one a shilling
dry if you can or else in whit wine and fast three howrs
takeing it at the new of the moone a weke togather you must
purg before you take it; soe takeing it at the new of the moone
tell you finde helpe and excercise very much vppon itt;
In the hotest time in sumener with a wisk brush of the dewe
that is vpon rosasollys in to a bason and distill it in a rose
water still it is good for sors or fistulays or cancers & many
other things;

To dey samplers

Take one pint of small baere and one penyworth of saffro
boyle it in a littell clout in the beere to soe much as will butt
weat them put them in scolding hott then dry them then
take one pint of beere & a grotsworth of saffron & boyle
them together to the same quantity dip them but wringe
them not and soe dry them;
A receit to cure the couthe of the Longs or to remoue any stuffing the in the stomack or body within a short time

Take two handfull of mullet leaues ales longe worte

wsh & shread them smale; take two handfull of parsly rootes wash them cleane & take out the pithes and cast them away & shread the rest; take two hand full of fennell rootes and vse them in like manner take a pound of fatt figges wash & slice them; take two hand full of vnsett Isop washed well & cutt it a sunder in the middest & cast away the rootes ends then take an iron poote and putt therein fiue quarts of smale ale & sett it one the fiere & boyle it and stirre them and mashe them togather for the space of foure houers keepe the pott couered for the most parte then take the pott of the fiere & take a course cloath and a bason & siluer spone and then take a smale quantytie of the ingreadience & lay that vpon the course cloath with in the bason bray them with the spone then straine them and wringe them hard with hands cast away the stuffe & saue the licor take sixe onces of greene licorage wash it & with a hamber bruse it & clipe it with a paire of sheres in to smale peeces and lose that like woole take sixe onces of anneseede beate them to powder take halfe a pound of reasones of the sunne wash & stone them, take a lustie Coke dresse him chop him flesh and bones all to peaces, then take all these in grdeience with the licor afore said & putt them into the pott & boyle them for the space of sixe howers sture them often and mash them together & as the licor decreaseth fill that vp with runing water and when that is boyled to the haighte then take all these ingredicnt out of the pott by the quantity of halfe a pinte at once bray them as as-afore said straine them through a course cloath & wring them hard with hands then take sixe onces of broune suger candy and bruse that well & stirre that vpe in the licor lett the patient eate noe supper butt goo to bed, & take to the quantytie of a quarter of a pinte warme & at midnighe & in the mor ning be fore hee rise; his diett bee soe long as his drinke last eating noe salte meate nor cheese lett his drinke be isope water and suger;
To make Clouted Creame

take three gallones of milke and boyle that and a quart of creame togather, then straine and sett it thine and putt in a pece of swet butter stur it in lett it stand a day and a nighte;
Take the grounds of the strongest bere you can gett for want of that the strongest beere take sume wheaten branne that is not to nere boulted, a good quantity of sheeps shuett cleane pictted and shred small; take a good hand full or more of grovnsell or rew boyle all these to a poultis and when you take it of the fier putt in a good quantity of goose greece and stur it well together and soe apply itt as hott as the party can suffer itt; itt is good for anay swelling or ageu in the breast or draw to a head and breake itt or to take out wille fier outt of a swelld leage;
Take sallett oyle, then take whitt lead finly beaten and secres itt throw a fine lawen and putt a good quantity of itt in to the oyle in a gally pott and beat itt very well; then putt in a llittell plan tain water and stur them together and take a fether and anoynnt the place there with; itt is good for aney inflameation in a soer or pimpels in the face or aney heatt;

for to make starch

Take a packe of wheate grind itt greatt like moult lay itt a soke in a cleane thing tenne or twelfe days crush itt outt strayne itt throw a corse cloth & a \(^\text{fine}\) cloth very cleane lett itt sectell then shift itt nine dayes itt-sturring of itt in the cleane watter then lay itt vpon a cloth in the sunne till itt bee very dry or else itt will yellow; itt is good to coole aney sore if itt bee anoynnted with itt or for a child that is galled you must not anoynnt in the sore butt about itt
Take a pinte of creame and parsly young willd malows housleke leke or silgreene of each a hand full stamp them in a stone morter and soe putt them in to the creame and boyle itt to an oyle then strayne itt and soe anoynyte with itt

And oyle that is good for the pills

Take creame and sume mullett leaues wipe your leaves very cleane stamp them and boyle them in the creame to anoyle then take sume more mullett leaues wipe them very cleane and lay them in your pott then strayne your oyle vpon them and when you vse itt take of the oyle an anoynyte the place take sume of the leaves and lay vpon itt
Another perfume

Take .2. pound of rose water; one pound of orringe water .2. pound of Bemayn halfe as much of amber Storex halfe an ounce of muske as much of amber and a quarter of an ovnce of Civett all putt into a glasse viall & sett itt vpon the coales and stirr itt all with a sticke vtntill the past be soft & lett itt boyle till a third partt bee consumed & then take itt off & make your past & lett itt stand vtntill itt bee could & keepe itt as you will

A remedy for the stone

Take one handfull of mother time. halfe a handfull of pillytory of the walle; a handfull of the toopes of the grommell, a quantity of burrootes; a handfull of elderen budes a quantity of philippendolow rootes, and a ovnce of Annissed; of fenellfeedes one quarter of an ovnce; of a quarter of an ovnce of lickorish, too or three newlead egges sheles; halfe an ovnce of grommell seed; dry all these; then beate them to a powder; take a peese of a bulles peesle & greate itt to powder; take one quarter of white wine; putt one hand full of mother time into itt and one handfull of stone parsley; and one handfull of pelletory of the walle; boyle all these to in the whit wine; vtntill itt comes to a pinte; and then make a possett & putt fower sponful fulles of the white wine that is boyled with the hearbes into itt; & putt of the powders into itt as much as would couer a shillinge; and take of the herbes that was boyled in the white wine & putt them in a skillet & slise a read oynon; and take the passett curd & the herbes and the oynon & too or three sponfulles of white wine vineger & boyle all these togeather tell the vineger bee desolued and ley itt to the belly of the party soe greaued

A medicine for the stopinge

in the nose

Take the yuse of primroses ^ leaues and the iuse of sorrelle; and halfe a quarter of a ovnce of musterd seed beate itt all and take a quarter of a pound of fresh butter out of the charme vnwashed and boyle all these togeather then straine itt and soe vse itt
for a posion drinke

Take anisseed one ounce, and a ounce of lickorish & an ounce of parsley rootes, & one fenell roote, and half a handful of vnsett isope; and halfe a handfull of liuer worte, and a little of hartes tongue & a quarter of a pound of seeges one ounce of deates; halfe a hand full of grovnswell, one hand full of seurefey grase; halfe a handfull of endeyfe; halfe a handfull of sukcorey; a few voylett leaues; and a few strawbery leaues; and halfe an ovnce of senne boyle all these together into quartes of ale vnto one

for Diett Drinke,

Take Scurfeygrasse; Egremony; Bettoney; Scabeyowes, Sackafrise; Brokline; and Brookmintes; & sume sentory; and reed docke roots; & hope rootes; and Leegeney and speegnie - 2 - ounces of a peece; & hand full of worme wood & rew; then take sinamen stickes tow ovnces; fower ovnces of lickorish; fower ovnces of anesseed; halfe a pound of senne the roots of Allapollowepodon; & parsley rootes and fenell rootes and the rootes of sackfridge,-

for a wound that is poysoned

Take turnepes and boyle them in runninge water and apply it to the wound,

for a tisum Drinke to Coule the Bloud, and oppen the pipes,

Take one handfull of nettle topes & seedes & one handfull of sorrell; strabery leaues & voilete leaues; sume planten= tow ovnces of lickorish; and - 2 - ounces of anesseed; and a good handfull of liuer worte; Reasons in the sonne stone them one quarter of a pound; & a quarter of a pound of feegs; parsley rootes; & fenell rootes; boyle all these in ronninge water; fower quartes vnto -2- and drinke this first and last,

for a wonnd that is poysened,

Take watercreses and stripp itt from the stalke chopp itt
and boyle itt in the oyle made of sheepes tratters and soe
apply itt to the wonnd;

for the Quinse

Take a grehoune and feed him with bones & take the whites
of the dogsterd & mix itt with honey and heate itt vp
pon the fier & spread it yppon a peese of leather & ley itt
as hott as you can suffer itt; if the Quinse bee inwards
take of the powder and sift itt thorough a peece of lane

and mixe itt with surrepp of mulberes or some such
surrepp and soe make itt vpp in bales & soe take itt,

for a takinge

Take yaro; varuaine; fetherfew; & dell of ech a
handfull & boyle them in boystinge of a Cowe
and boyle them tell they come to an oyntmentt

A remedy for akinge of the heart
or any green wound Take a pinte of white wine vineger & a pint of sallate

oyle & tow penny worth of reed lead & boyle them
tell they come to a blacke saue;

An oyntment for the smale poxe

Take tow ounces of may butter; one ounce of parmacitty
one quarter of a ounce of Campher, then take your may butter
butter & parmacitty and milt them; then lett them stand & coule
then putt in your Campher; then take a little white wine and
beate them togeather then keep itt to your vse

A remedy for an old each

Take a handfull of rosmery; one hand full of Cammamell; one
hand full of vnsett of hysoope; one hand of suernwood; one hand
full rew; one hand full of bay leaues; one hand of Cowslepes
blowes; one handfull of garden dayses; one hand full of Saint iohn
wortes; one handfull of wood bitteny; one handfull of mother time
one handfull of read night shad; and stampe all these hearbes
and take a bucke kett and flea hem & putt all these hearbes with
a pound of may butter in him and sowe him vpp and rost him;
for a burne or a skalld

Take the shreds of shoomakers tallard leather & boyle itt in
feare rvnninge water & take of the skinne of itt & beate it in
feare water till itt is salue and then keepe it to your vse

for the weakness of the back

make -2- tostes of manchents then take the yolke of a new lead egge
and spread itt vppon the tosts and flinge vppon itt the powder of
sinemen and nutmegge and lett the party eate of it first in the
morninge;

To make a Bake Puddinge

Take a pinte of Cream grate a penny manchent; putt in to itt
season itt with a little nutmege; & a little mace; a little rose
water & sugger slice a napple thin & lay itt in the bottome
of the dish with little bitts of butter & stone reasons of the,
sonne and lay at top of it and take the yolke of seauen egges
and the white of one; mingle them with the Creame & soe
power itt vppon the apples & sticke in itt some good pecess
of butter and soe bake itt

To make a french dish

Take a Cupple of Chickinges and quarter them boyle them
with whole mace & a bundle of sweett herbes & some of a
vnyon slice it, when they are boyled lay them vppon
sippills of bread with butter & viniger & couer them ouer
with the herbs and the mace

To destroye fleaes

take Rew & seeth them in water & sprinckll the water
there of aboute the house and they will dye & forsake the howse

To make ffrench ffrittrs

Take halfe a pound of suger; and a quarter of flower & fower
eggs; then take Cynamen; ginger & mace; and Cullander seed
of each spice take a like quantity; your suger your flower and
your spice muste be searsed then mingle all these together
with your flower; leauinge some of your quarte of flower outt
to mould your past and a little rose water; make your past and rowle it out as mistress Baker knowes how; then you must take tow pound of butter out of the churn vnsalted lett it bee Clarified and soe seeth your fritters in itt,

for the Consumption of the longs

Nettle seed a penny worth; sweete fienell seed a penny worth anniseed halfe a quarter; lickorish sticke; french barley halfe a quarter; ffiggs -2- quarters & halfe; dates halfe a quarter; reasons of the sonne .2. quarters. liuer wort halfe a hand full; harts tongue halfe a hand full; vnsett Isopp halfe a handfull; rosemary .2. or three springgs; longe worte rootes tow penny worth; Coults foote leaues halfe a hand full, boyle all these in -3. quarts of posterne water till it comes to one quarte & halfe and if you drinke it morning and eueninge putt in to it a good quantity of white suger candie;

for a purge,

Take three oynes of surrope of roses; one ounce of surrope of violetts; three drames of ruberb mingled all to geather and drinke itt,

A Bath for swellinge of the leggs

Elecampane leaues a handfull
Take docke rootes a hand a handfull; wormewood leaues a handfull; water creeses a handfull; boyle all these in three quarts of reed cowes milke till it comes to -2- quarts & a halfe then putt in the herbes & lather it in castle sope & applie it as hott as itt can bee endured;

A handfull of fether fere; a handfull of wormewood a handfull of rew; a handfull of southerwood; a handfull of camvell; a handfull mother worte a handfull of peniroyall; a penny worth of comminseed take could ashes & putt hott imbers nixt to the ashes a dish full & putt comin seed & ffranchinsence vppon the imbers & the herbes there vppon till the herbes be hott & lay a cloth over the herbes & apply it to the place & soe of the same herbes the like quantety & apply it to the partis backe,
for a potion

Take tow ownces of sarsaparrilla; & a halfe; and slice it & cut it shorte; take three quarters of an ounce of armadictis cut it and wipe it cleane & take one ounce of lickorish & scrape it cleane and cuitt it thine; take one ownce of anniseed rub them cleane and fan out the dust; take an earthen pott & putt in all to a pottle of cleare runing water that will beare soope & sett it vppon a sought fier; then lett it stand the space of - 20 - howers then sett it a boylinge lett it boyle halfe away then take sinnemen a quarter of an ounce & brouse itt and putt itt in; then take a quarte of an ovnce of ruberbe; then take an ovnce & halfe of sene; after the first boylinge the senement; ruberbe & sene beinge put in it is to boyle eight howers vntill it be boyled halfe a way;

A Cordall Electaure

Take an ounce of conserue of roses of .4. yeares old; as much conserue of quinches; as much of barbaris as much of cloves gilliflowers; as much of cowslipes; as much of burrege flowers then take as much of dius cordium; as cometh to -2- drams; as much methredate; then take -3- greanes of good muske; tow greanes of Beauser stone;

Pills for the Cought of the longes

Take a pinte of Suckrey water; a pinte of coults foote water; a pinte of Isope water; and a pinte of burredge water; take halfe a povnd of english lickorish scrape itt and slice it thin; a spvnfull of anneseed; a quarter of a pound of reasons of the sonne stoned & a quarter of a pound of blew figgs; tow hand fulls of rosemary blossomee; marry goole flowers tow handfulls of each; soe boyle itt till it come to a quarte then straine it; then take a pound of browne sugger candey boyle it vpp to a good high surrep and put in to it .2. or .3. spunfulls of aquasillistis then putt it into a siluor bason & sett it in the sonne & soe dry itt and work itt vpp in little bales & lett the partis hold of it in there mouth eueninge & morninge;

To kill a ffellon

Take gray soepe & the powder of rochallom mingle them togeather and lay it to it it will kill itt in fower and twenty howers;
A nother for the same

Take some of a machentt and boyle itt in the strongest wine viniger that you can gett and lay itt to itt; itt will both breake itt and heale itt; if you putt in sume oyle of roses it will both coule it and keepe itt scupple; you must gratte your bread very small and lay it one as hott as you can suffer itt

Mistris Denis

It is good to comfort the brayne and takes

a way aney payne of the head

one ounce of nutmegs; one ounce of mastick; & halfe an ounce of cloues; 2: ounces of the powder of redde Roses

2:0 ounces of the powder of Rosemary; one ovnce of the powder of sweet marioram; 30: oynces of the powder of pyony rootes; beate all these togather in a hott mortar & pestle, tyll itt come to a paste; & when you vse itt; spred it with a hott pestle; upon a peece of new cloathe and lay it upon the moulde of the head;

folio 37 verso || folio 38 recto

for the yellow landers

Take one handfull of the inner pille of barbery; boyle in in a quartt of alle; tell it comes to a pinte; then take of it at morninge noone & night; halfe a porringer full att a tyme tell you are well;

for to make a lombart Pye;

take a pullit & rost itt; then mince itt small season itt with nutmege peper & salt; then take apples & core and pare them fill them with the meat turne the hole downe and close vp the pey;

to make an other pey

take three egges boyle them hard with one pound of suet mince them small; season it with nutmege; sine nemen; & suger with corranc & reasons you must slice butter thin & lay it a top & bottom of your pey;
To take away the freckles or morfew

Take halfe a pinte of white wine & all most as much ioyce of a lemmom & a new layd egge; & tow spounfulls of ellicom paine roots cleane scrapt & sliced thin tey it up in a thine cloth & putt them all together then wash your face with itt for worms in the stomacke

Take one spovnfull of the yallow of the cammemell flowers putt it in to tow or three spovnfull of new milke from the cowe drinke this three morninge together;

for a aggue;

Take the quantity of a wallnutt or tow penny worth of whit Campher soo it in a silke bagge and hang it aboutt the necke soo as the bagge may lay iust at the stomack it will consume quite a way

To take away the readnis & wattringe of the eyes

Take as much whitt copparis as a small nutt; & as much whitt sugger canday & some eye bright water; putt it in to a new layd egge she-shell & lett it simber ouer the embers one houer softly then wash your eyes with itt;

To take out stayns or ink out of a linen Cloth;

Take sume milke & warme it; then putt in the cloth & socke it; then sope it very will pouer one sume vinegere and wash it out of that milke; then warme sume ouoer milke sope it & wash it in that; then sope it & Boyle it & soe wash it out

To stewe a racke of mutton

Stewe it with water & sallt & a bundell of sweett hearbs when it is allmost enoufe putt in one quarter of a pound of sugger one quartt of whit wine leammons sliced thine barbares olliues Cappers nuttmegs & houle mace & oysters stewe them all togather & then sarue it in vppone sippites a boyled carrit cutt in foure set vpripp against the meate
sace for a Capone or a shoulder of mutton;

Take oysters, anchoues; oliues, Cappers; onyons; butter; vinegere; nuttmege; stewe them all in claritt wine puttinge in sume and sume as it stewes drewe the quantity of a quartt; when you take it ofe putt in sume grauey & sarue it in; if it bee a cappon roste oysters in his belly if a shoulder of muton you must bast it with the liquor of the oysters garnish your dish with sampher & stewe sume in it;

for a payne in the Backe

Take a pottle of smale ale; & twoe or three handfull of redd sage; & twoe ounces of brused anieseeds; & a little handfull of reysons of the sonne beinge stoned; & a sticke of greene liquores cleane scraped; & sliced; boyle all thees together; & then drinke this morninge and eueninge;

Nurs Cresett

for the piles;

Take a quarter of a pound of reasons of the sonne stoned and pawned them in a wooden dish untill they come to bee as a salue; then putt it one a cloth plaister wise; & lay it to the sore

After the risinge of the plauge sore -9- dayes

Take oyle of lillies; & anoynte it if you see it like to breake you must take the roote of lillies or a hand full of sorrell; & wrap it in a wett browne paper and rost it in hott imbers vntill you can make a play ster of it & soe aplie it with that vntill it bee broke then take towes spoonefull of flower; & a spoonefull of right bee hony towes ealks of eggs halfe a spoonefull of unwasht turpentine mingle all thees together un till you haue made a salue of them & soe aplie it unto the sore vntill it be whole;

for a glister

make a quarte of sinale ale into possitt drinke; take one handfull full of strawbery leaues; one handfull full of violett leaues boyle them in the possett drinke one hand full of sinkefoyle; boyle all these hearbes in the possett drink vntill they com to a pinte then putt in tow ounces of red suger & tow peny
worth of oyle of lilies & minister that in a pipe as a

glistter for a feauour;

for them that are troubled with the stone

Take a quarte of milke a pinte of white wine & one pinte of
ale; make this in a possett take ^take^; of the curd cleare that your
drinke may be cleare; then take one handfull of breake
stone; one hand full of white sasaphrae; one handfull of
ashen cayes & take outtt the seedes of them; & one handfull
of persolie; & ^one^ sticke of grene licorrish scrape it & slise it
sixe blew figes a few reasons of the sonne & stone them; boyle
all these thinges in the possitt drink vntill it come to a pinte
then sweeten it in tow ounces of white sugger canday and
when the stone doth breake f-lett them drinke it in the morn-
inge first; and last in the evening

for a iulip that is coulinge

take tow ounces of french barley; take a gallone & halfe of
runinge water & boyle this barly in three seuerall waters;
and in the last fowrth water boyle it to three pintes; then
lett it stand vntill it be cleare then when the barley is sitled
take ioyce of tow lemmones & strayne them in to it; one ounce
of surrup of violetts; tow ounces of the best lofe suger that you
can gett putt all together into a glass bottell & lett them take
it and drinke itt when the please for theyre feuor;

for barley creme;

take tow spounfull full of french barley; & boyle it in
three severall waters; & thefourth water boyle it in
hree pintes vntill it come to a pinte & a halfe then
take sixe or seuen ivrdine almones & bleanch them then
grind them in a morter with some of that barley water and
streine the stranght of them in to that bee-bary water
and putt in tow ounces of lofe suger; & then lett them
drinek it at severall times when they fele heate;

for a sprayne;

Take a penyworth of barrowe hoggs grease; & your owne
vrine; & boyle it in a pipkin with a piece of scarlett
cloth; & soe binde the cloth aboutt the place as hott as
you can suffer itt;
for a sore breast that hath a ague or anie other grife

take a qua^rte of alle; & twoe handfull of the reddest sage you can gett; & boyle them together; & first bathe it with the same; & afterwards laie ya sage one the sore as warme as you can endure it soe lett it remayne untill the next day and then take it of & wash it in the same liquor againe and laie it on the sore the liquor beinge warmed;

for a sore that is like to breake;

Take tow handfull of redd sage chopped smale; & a hand full of mallowes in like sorte with two hand full of pounded otmeale; & halfe a pounde of mvtton suett beinge of the kidney boyled in ale vntill it comes to a poultesh and when you have spreade your poulltesh take some oyle of roses and putt vppon itt;

Nurse Cressett

A salue for an oulde sore;;

Take an earthen pann wi th a little faire water in it & halfe a pounde of kid rossen beaten smale; & halfe a pound of kidney suett; & a quarter of a pound of the best bee wax your talow must be chopped very smale & melted by it selfe ouer a smale fier; & when it is well milted putt the rossen; & wax in to the hotte tallowe; & then sture it well together vntill it bee all melted; & then strayne it through a cloth that is course into the water; & then take a sticke & stirre it rownde in the water; & soe in twoe or three cleane waters; & then mixe two spoonfull of venice turpentine very well mellt it and soe vse this salue for any sore;

An Excellentt defensable plaister; in woundes or Cutes or swellinges or goute; mistris denis

Take a pinte of sallett oyle; eight ounces of reade leade foure ounces of white lead; or Cerus; foure ounces of Castle sope; two ounces of yellow waxe; first boyle the cerus & the red lead in the oyle; a quarter of an hower; or more before you putt in the waxe; & the sope and then boyle it togeather; tell it come to a leaden color then make it upe in rouleis; with a little oyle and keepe
it for your use;

To make the oyle of apericon;
or saint John's wort.

Take a quarte of sallett oyle; a pinte of white wine
put it into a glase bottle & in may on saint John's day
gather the green leaves of saint John's wort a good quantitie
the more the better; bruse them well in a stone morter & put
them in to the glase & let it soe stande in the sunne till the next
saint John's day which is in June; & crush out the leaves & fill
the glase again with the flowers of saint John's wort being brused & soe sett it in the sunne againe till the next saint John's
day the 19th of August; & then gather three good hand
full of the seed of saint John's wort & them brused; putt;

putt likewise in to the glase; butt putt not out the flowers
& soe sett it in to the sunne againe till it loke verie red and
after that take the glase & sett it into a pott of water & seeth
it till all the wine bee sadd a way then take it & straine it
in to a bason & then lett it stand & settle; & soe take the
clear oyle & putt it into a glashe and keepe it for your use
take the water that remains & putt it into a nother glase
and keepe it to wash the woundes;
mistris Malloes

To make a Calke

take 4 galons of flower 7 or 8 pound of corranes
twoe ounces of nutmegs; halfe a ounce of sinnamen; halfe
an ounce of mace; halfe a ounce of carraway seede; a
pound & a halfe of suger 4 pound of butter; a pottell
of barme; the creame of a grats worth of milke; or a pinte
of creame; halfe a pinte of sacke; one grayne of amber greece
three quarters of a pinte of rose water; melt the butter in the
milke leaue outt the curranes tell the cake is mayd; then take
outt a ropper & putt in the curranc; when you haue roped
it vp then cutt it round the side; the seedes & spices & amber
greece must bee dryed and beate as small as can bee the
amber you must bruse bee twene two spones very small;

To make a salve for a bourne or a scalde

take a pinte of sallett oyle, tow ounces of virgins waxe
a good hand full of maiden heare which is like the violett
leafe; one hand full of Eldern leaues or the inwarde barke
a good hand full of the mosse of ash beinge yealowe; tow ounces of ships suett; one oynce of Elecumpane roote and then boyle it to an oyntmente;

To make an oyle for ane oule soer ore a feline;

take one quarte of ale wourt & boyle it tell it cums to a pynt then take halfe a pound of shuger & one ounce of good ginger and myxt them all together;

To make the pulpe of appels

take pom waters & rost them & take the pulpe of them & the pulpe of quinces beat them in a dish together; then take creame and to or three yolks of eggs beate the creame & the yolks of eggs together & mingle them all together, then slice the pille of a orringe very thin; take a littell orringe flower water; sume suger & a littell nutmege sliced; sture all them together then put in a piece of sweete butter; then lay it vpon sippets and sarue it in;

To dres moschromps other wise called fongy

the chefe time to gether them in is the first of septamber gather the redest that are not two oppen pill & picke out the readest very cleane; then quarter or slice them which you will and sett them vpon a chaffin dish of coules betwene two dishes lett them stew & power the water frome them dry them not to much then take parsly & penny riall; or time & sweet mariorim a littell garlick chope them small together like earbes for the pott; take cloues and mace betwen beten & putt them all together into a pipken take white wine sallett oyle & a littell fare water as much as will couer them sett a pone a quicke fier & boyle them a pace poure itt outt one sippets & noe saruet it in you must keepe your pipkin couer ed

To make a sumer custerd;

th take a pinte of creame putt in a littell mace or nutmege the mace muste be houle and the nutmege slicett take two or three yolks of eggs & beatt them with sume clut could creame and when your creame boyles take it of the fier when it is sume whatt coulde putt in your egges & keepe it sturringe and then sett it one the fier a littell; & putt in sume suger & rose water lay the sippitts in a dish and poure it one;

to make a pupy to growe noe more
take draggons bloud & muma and the powder of coumfyre & the, powder of knot grasse; and whipe hime with a browme bessome and give hime butt one mealle a day for a mounthe;

folio 43 verso || folio 44 recto

A Drinke for the cough in the lungs

Take one handfull of redd sage; and one handfull of hisopp vnsett; boyle these in a pottle of smale ale vntyll it bee boyled to a quartt. drink of this mornynge and evenynge and be twixt as often as you please;

for the stone

Take the kernell of slowes dry them by the fier in a dishe convert them in to a poudre by it selfe then take the rootes of allisander; perfly; pellitory of the wall holly=hockes of euery one a lytle quantety; seeth them all in white wine straine it in to a faire vessell & when you drinke; first & last of it put in to euery draughte halfe a sponefull of the kernell pouder

To stranghton the body & stomacke & to procure good degestion;

take a pinte of pure malmesy as much minte water sinamon and ginger one ovnce bruse them & putt them together with halfe a quarter of sugar lett itt stand all nyghte & in the mornynge drinke of it

for consumtion of the liuer;

Take a pottle of indifferent stronge worte; mayden heare one handfull; liuer worte a handful; of hartes tounge nine leaues parsly roots & fennell roots halfe a handfull the pyth of both roots taken outt & then bruse the roots washe them then boyle them to halfe in three pintes immediately after the fyrst boylinge putt to it one ownce of saunders when it is almost sodd putt into it a littell quantety of bruised then strain it throw as ipocrase bagg softly & lett the patient drinke euery mornynge and eueninge fiue or sixe sponefulls in the mornynge and att-nyght goinge to bed,

for soare eyes & to mend a decayinge syghtt

take smalladge; rew; fennell; varuen; egrimony; betony; hartts tounge; euens; pimpernell; sage; like much distill them
with a lytle urine of a male child of 10 yeares of age with fiftene grains of francumsense; it will keepe 7 yeares then vse it as you have ocasion;

A holesome and necessary purge; springe & fall

take a quarter of white wine; a pottle of ale; a pounde of redd docke rootes; a quarter of a pound of pollipodium of the oake; halfe an ovnce of sene; fennyll seede; anniseede and lycorishe; one ownce putt all these together into an earthen poott; stopp it vpp cloose sett it in a chimney wher it may have the warmth of the fyre lett it stand soe fower daies then drinke sixe spone full euery monynge;

An excellent preseruatiue for a weake body

take a pottle of cow strokinges a hand full of neepe white endiue Comfry plantine of eache a handfull the pith of an oxe the briskit of a breaste of mutton boyle it well then clearefi it then take a sponefull of fine pouder of Carrawayes seede & as much pouder of anniseede, halfe a sponefull of sinamon; halfe a pint of red rose water a quantety of suger drinke 4 sponefull in the mornynge fastinge & - 4 - nyght at nyght an hower before supper;

To dray A rume from the eyes

take bay sallt; & safron; dry them by them selues then beat them small mingle them to gather quiltt them in a fine holloue bagge & lay it to the nape of the nacke you must ayre it night; and morninge;

To make siluer clreme from spolls

take a cores cloth & putt in sume soppe and sallt dipe the cloth in soutt of a chimney rub it well then wash it in warme beere and soppe wipe it very drey and cleyre it with chalke;

To make m:istris malltosis oyle;

take brocklime; malowes; white arkangles; mugwed; iner pill of elder maden hayer that is like the violett leafe; smallage; sage; penneriall hisppe, time; fether few; camnamille; lauander; rosemary; potte mariorim; winter saurray; fennell; fumytory; rew; suthern wood of ech of these a handfull picke of the stalkes then pull them in peces
and twist them to pieces between your hands as small as you can
be fore you Boyle them the earbes must not bee washed
then Boyle them in a kettell with two pound of butter tell the earbes
bee tender then strayne it in to a pipken & kepe it for your vse
it is good for a sprayne or an ache or bruse or swellinge; you
may kepe the earbes & frey to lay to any of the grefes afore sayd
if you an oynt with it you must work it in very well rubing it
with your hand vpe and doune and chafeinge it in well;

for the yolow iandes

take knotted ground worms out of a garden in may; slitt them & wipe
them lay them in a dish & drey them in an ouen; then take hartes
horne; iuery; the innerrine of barbary; saffron; beatt all theese by
them selues then mingle them togethre take as much as will ley one
a grote three times a day for three days in a spone full of posett
ayle & drinke two or three sponefull after;

for a Coulle that lieth at the Chest

Take a good quantity of goose greec then take of
rosmary water and rose water of like quantite
and a good sume of vinegre with a littell aniseeds
or angelico water; then sett them ouer the fier
a littell then putt in your blacke woll and when
they haue boyled then cruarche out your woll
strewing it ouer with some cloues and nutmeg
lay it to party greued as hot as you can

if you feare you haue taken the sickness
as sone as you can make this drinke

Take tow spounfull of scabous water as much gra
dragen dragen water and as much Carddis
water; as much matradat as a small nutt and
the bigness of your two thums of lofe suger warme
it and drinke it as hot as you can if you cast it vp
make more and drinke it; doue soe till it doth stay
and then cast your selfe in a sweett and kepe your
felte very warme

To make Cocke water A Cordiall

Take an ovld Cocke from the barne doore the Redder the
gerther. plucke his feathers from him alive; then kill him
and Quarter him; and with cleane clothes wipe away from the fleshe all the bloode; putt them in A Rose water still; ouer night; and with them A pottle of ould sacke or canary wine; then putt into the same one hande of tyme; one handefull of organy; one hande of Rosemary topps two handefulls of pimpernell; sixteene or twenty dates one pound of Currants; A Quarter of A pounde of Reasons in the sunne stoned; one ounce of Harths-horne and if you please ^ halfe a bootle of ... some gould; halfe an ounce of cloue gilliflowers; one ounce of marigould=flowers; one hand full of Couslipp=flowers; halfe an ounce of beavglasse flowers; halfe an ounce of bourage flowrs; one hande full of maiden haire; 11. drames of saffron; and putt into the glasse that stands vnder the still A good quantity of white suger Candy finely beaten, the suger Candy is both to sweeten and to allay the heate and strenght of it; and if you please you may putt some Pearle into the glasse that stands vnder the still

still with the suger Candy you must gather thes hearbes at two or three of the clocke in the afternoone one A fayre day; for there mуст come noe water neere them; then putt them into the still and keepe itt close with paiste all night and in the morneing still it you may if you finde it to stronge putt more suger Candy to it; butt before the cocke is putt into to the still you must couer the boottome of the still with the middle of Rauell=loaues;

Take of this water one houer before dinner and soe before supper three or fower spoonefulls; and at any time when you finde your stomacke was weak

for the sharpnesse of the urine

Take a good Quantity of greene Engelish Licorish scrape it then steep it in Beere and Drinke of it all ways as aften as you plese

for convoulchin fites and the mother

Take furses and dry them to powder, then take of that powder putt it into your Beere drinke of it in your fite and as often as you will
To make the Perriselsan plaster

Take Galbavnm oppoponax of each and oonce; Bdelinm Amoniaeum of each twoe ounces; let them be beaten all as fine as is possible and putt them in to an earthen Pott well glased or ledded; poweringe vp on the same very good wine vinegar A pinte or more lett them soe remaie a day and a night close stoped then boile them in the same winegur upon A gentle fire of Coles that the gumes may melt and when thay be throughtly melted putt them in to A linnen Cloth and straine the gumes throught the same, cast a way the filth that remaines in the cloth, Lett this thys strained boyled very gently vpon a soft-fire till the vineger be all vapored a way still sterringe it Leaste the gumes burne; keepe this close covered that - nothinge fall in to itt; then take oyle oliue - 2 - pound

New waxe halfe a pound putt them into and Earthen pott well glased or leaded sett the same one a soft fire of coles and melt them leisurely then putt into it leathergie of gould beate in very fine powder one pound and a halfe sterringe it Continvally with a sticke or spather that they may Be well mixed together and be come of a reddish Coler; then take your gumes before prepared and putt Them in a little at once that aboute the quantety of A haste nutt att a time; that they may melt and be Better mixed together; take great heede that you Stirr them without ceasinge; that the fire be very softe For runinge over because these things are very Hott of them selfues; then take the two kindes of Aristolagio Rotunda Caluminaris mirrhe Frankensence of every of them and ounce what itt is to be beaten beat into fine powder and serce itt And putt all into the said matter; then putt in of Oile of bayes one ovnce; of the beast turpentine Fowre ounces; boyle all gently together and when you thinke it is all boyled enoughe

Drope some of itt into cold water; if beinge Could itt sticke then power into it cold water Anoynte your hands with oyle of Roses; and when The plaister is cold worke it betweene your hands Three or foure houres make it vp in smoth roles And putt itt in an oiled parchmennt you may Keepe itt in the full force ffortie yeares;
To take away the freckles

Take oyle of tarter; and oyle of bitter almonds; and fumytory water; soe wash the face with it every night and lett it soake in; & in the morning wash it with whay

To wash your face

Take a Lemon cutt of the top like a cape take out all the meatt putt in the ovoice a gane and sum lefe goold then couer it and sett it one the fier lett it boyle gently one a soft fier for a houer and then you may vse it

A Cordiall water

Take a pottle of sack and as much balme shred into it as will be steeped in it; halfe an oonce of annise-seed and carroway seed bruised and put into the sack; an oonce of Cinnamon beaten into peices but not to powder; these put into a cleane stone pott and so stand in a coole place -24 houres; then distill these and let it run into a glasse wherein is put half a pound of fine loafe

Sugar beaten nto powder you may distill it in a rosse water still and keepe it for your vse;

for a Coufe

Take a new lad egge put out the white from the yolke then take sum flower of Brimstone suger Candy and a little reds rose water put them to the eag stur them well togather boyle it and sup it vp; then take a pece of bread and butter spread it ouer with hony and eat it after it doue this eueri morning as often as you see cause

an other for the same

Take isoppe water; a good quantity of suger candy beat it fine to poudre put it into the water set it ouer the fier and boyle it to a surrop then take a spounfull of it at a time and as often as you plese;

To stay the monthly termes;

Take the strongest owld Cheese you can gett tost it and Lett it drop into alligentt; then drinke it take a good draust of it every morning doue so tell you are well
when the small poxe is redy to shalle of;

Take the flower of brimstone and the flower of challke and put itt into Creme and beatt it very well then anoynt the face with itt

To take away morfey or freckles or aney pimpels in of heat in the face

Take A Quartt of femitory water and a Quarter of a pound of sweett allmons; and halfe an an quarter of a pound of bitter allmons; and halfe an ounce of Campher and halfe an ounce of whitt mercury; putt all the allmons into a pint of the femitory water and make them l erwarme then blanch them then take a stone morter and beatt them in it; put in of the femitory water by sume and sume as you blanch the almons in when you beat the almons then straine them throue a fine cloth beat the Campher betweene to papers putt sum of it in lumpes in a littell bagge of tiffinay and hang it in the middell of your glasse by a thred put the rest being small beaten into your glasse you must beat the mercury between to papers very small; then take a puter dish put in the mercury with a littell fayer water sett it over a litell fier stur it with your finger till it is as whit as milke; then put them all together in a glasse and soe shake it very well; and when you vse it take a fine thine cloth or sume lawne and wash your face butt not your lips

for any payne in the Eare thatt cumeth by coule or any other caufe

Take a whitt lilly-root; or an onyon cutt out the tope take out the middell and fill it with treckell and saffron and oyle of lilles put on the tope agayne and put it in a paper and soe rost it in the embers take the sopest of it out and put it in to a littell fine lane or tiffany and make it like a littell tent and soe putt it into the eare as warme as you can suffer itt take the rest and lay it upon the eare that

To kepe the hands from choping or to skine aney sore

Take halfe a pound of mutton suett of the kidney hott from the shepe skinne itt beatt it in a cloth with a rowling pinne very well putt it in to runing water lett it ly seven; days if you will you may shift it then take it out put it in to a puter bason
sett it over a chafin dish of coles let it melt when it is very well melted as it stands one the fier putt in some tow or three spoonful of rose water; and let them boyle well together then put in two ounces of parmacete let it boyle together then let it stand of the fier till it is a little could then put it in tow or three spoonfull more of rose water beat it vp tell it is could put it in a glasse or a galipot or in cakes

To make pommata

Take the Leafe of a ewe that is yonge with eane when it is hott out of the Ewe and picke it very small lay it in runing water and shift it once a day for three days then shred it small. Lay it againe in water; then shift it three times a day for sixe days more then shred it very small and with a rowling pine beat it upon a bord very well into a cake, then take pum waters and pare them and core them cutt them in round cakes very thinn take a gally pott and lay in sum of your suett and couer it with your apells and soe fill your pott with one lay vpone another tie a paper ouer your pott sett it in a kittell of water with a brick vnder it till it is melted then strayne it in to rose water beatting it very well in the rose water then lett it coule you may putt it in to poringers then it will come out, in, a cake

To make it an other way

When it is watered then shred it very small take whitte lillie roots mince them small and putt them together in a pipkin couer them and lett it stand one a soft fier till it is dissolved, then strane it in to an alibaster morter with rose water and beat it ^ with the pestell still shifting the rose water as you beat it when you have beatte it very well take a fine cloth and movld it vpon it with rose water then rowle it out thinne cutt it with a glas in cakes

To make the iely of harts=horne

Take tow ounces of harts=horne; and one ounce of Eiury and two Quarts of water boyle it over a jentle fier the third part away then strayne it and sweeten it with suger you may putt it in to your broth or bere or take it of it
selfe or in what you please;

To make a marrow Pudding

Take three pints of Creame Boyle & it take tow peny loues cutt of the crust slise them round and lay them in a dish when the Creme is allmost could take the marrow of three bones cutt it preti big; three quarters of a pound of dates slitt them, halfe a pound of reasons of the sonne halfe a pound of suger one peny worth of hole mace and twelue egges tow or three bits of butter power them all one the brad and then bake it only the yolkes of the eaggges

for Ane aggue

Take a good handfull of elder budes wash them in newe smale eall; then stampe them & straine them put to it three spounfulls of new strong eall and three spounfulls of acquaviy & stur it well & drinke it halfe an houer before the feet comes & stur after it,

for the consumption

Take A Quarter of a pound of Capons greece; halfe an ounce of large mace; & one handfull of Rosemary toppes; boyle all these betwene tow dishes one a chafendish of coles tell halfe of it bee boyled a way put ther to an half peny=worth of safron bruised & mixed with a sponefull of aquavite after the other thinges are boyled as aforesayd; lett the parties stomacke be anoynted therwith from the toppe to the pytt thereof with a warme hand; then take a smale peice of scarlett cutt into the fashion of a harte & strowe a little nutmegge vpon ytt put a small quantytie of medredate there vpon & lett ytt be put to the pytt of the stomacke with the poiyn of the scarlett downe wards and lett yt stay on as longe as ytt will; & lay therevpon a sheete of browne paper & anoynt the stomacke strockinge your hand downe wards morninge & eueninge rownde the scarlett & bee suer the plaister cometh not of; and then take house=snayles and bruise there shelles gentlye & boyle them in a pynt of milke till halfe be consumed strayne them put thereto a smale quantitye of whit shuger candie & soe lett the partie drinke thereof in the morninge ffastinge & at =4- of the clocke in the eueninge or tow howers before supper,
for the Rickets

Take halfe a pint of sallett oyle & a good handfull of Camomile boyle these together tell halfe be consumed & anoynte the child therwith morninge & eueinge before the fiuer strokeinge your hand downe the stomacke the sides & the backe soe hard as the Child can indure ytt; when you take forth the camomile put yt in to tow smale baggs & put them in to each side of the child where you find yt holowe as warme as the Child can indure yt & lett the child be swinged euery morninge liftinge y.t vpp under the armpits,

for Children that are broken out
in there heads

Take halfe a quarter of ff pound of barrowhoggs Grece clarified; flower of brimstone the pouder of Ginger and the white of oyster shels of each one spoonefull mixe it all togather and soe anoynt the head with itt

for a feett of An aggue

Take a good handfull of calder budes and wash them in newe small eall. and then stampe them & strane them and putt to itt three spoonefulls of new stronge eall and three spoonefulls of aquavitie and stur it well togather; then drinke it halfe an houer be fore the feete cometh, and then sture vppone itt,

A water for the face

this doth not only healp firie faces butt alsoe taketh out, lintiles spots morphiw sunburne and all other, deformities of the face, the manner to make it is thus
Take one pinte of stronge white wine vineger; powder of orrice-roots three dragms; brimstone in fine powder halfe an ounce; campire in fine pouder two dragmes; fower oke applles outt thorowe the midale; and the iuyce of fower lemmons; putt them together in a stronge glasse shaking them together very well then sett it in the sunne for the space of tenne days; then - wash your face with it duty sufring it to dry of it selfe without wiping it away,

To make pecttrell roules for a could

Take foure ounces of white suger canday very finely
cerced; a thimble full of Lickorish finely cerced; sixe drops
of cimmicoll oyle of aniceeds; - 2- or -3- graines of ambergrece
mingle all these together; then beatt it very well with
goum draggon stepeed in rose water; soe roule it vppone white
paper to the bigness of a straue then cutt them an inch longe
putt them in a dish & sett them befoure the fier & soe dry them

To make oyle of ffennell

Take a Quantity of ffennell betwene two tyles
or plates of iron make them very hotte and presse
outt the licoure: and this oyle is good for the tissicke
or dry scabes & for burninge or scaldinge;

for the colicke & the stone;

Take the greene pille of an elder stalke that is betwene
the barke and the stalk & stamp it small & drinke it
with good stale ale and it shall breake wind & the stone

for Eyes that have perles or pinne

and webs in them;

Take a little Corriander seede & sume white suger canday
the white of a egge then take foure new layd egges shels
and put these things in them with sume runninge water
soe lett them boy one the embers till it coms to one ege shell
full then kepe it fore your vse this is good for any rume
in the eyes if it be used twise a day instid of the suger you may
put in wht copprise or salt;
Take a little quantity of broune sage as much fether fine broune
fennell topes the topes of orpine a sprige or tow of suthern wood
a very little reu a very littell fellaren then take to snals with
ther houses and a little rusty bakon then stamp all these to
gather and lay it to a fallen and this will kill it

for the collick & stone:

Take the skines of new layd egges that is next the shelles and dry
them in an ouen; then take the pouder of elder flowers and the
pouder of the egges shells of each a like quantity and mingell them to
gether then take as much as will ley vpone a threepence in what
you like best every morninge:
A: memorell how to make sausages:
after the Bologna fation:

Take = 2.5 li: = leane that groweth onely vpone the blade of the shewlder of a hogge & : -16li: of fatte or one third part lesse fatte then leane; sallt one pownd & halfe -1li1/2 - peper grossey brused troy weight - 4 o: 1/2 cloues bursed -1- ounce powder of mace - 1 - ounce:

A memorell how to make greate sausages:
or bowdeinges after the Bolonia fation:-

Take to euery -25li - of fleshe; salt -16- ounces, brused Pepper troy weight - 4 - ounces; sinamon in pouder:
3 - ounces; cloues brused - 2-ounces; ounces; muske suger in powder 2 - ounces; muscadine; 2 - glasses or halfe a pinte,
Take all the haslett the liuer kidnies & the flesh that is most blowdy a bout the necke;

to take out wilde fier or an ague out of a lege

Take coue dung and fry it in a pane with a litle butter
lay it to and shift it twice a day;

To take freckles out of the facee:

Take a pint of white wine vineger; a pint of butter milke into a still full of ffemiiatorie; & lett them stand together all night; & then distill it; & putt the water in, to a glasse then at night when you goe to bed anoynt your face with oyle of tartar & rubbe it in; then in the morning was:wash your face with the distilled water puttinge in a little joyce of lemons, and then sleepe an houre after

To take Eyuie berys dry and bette them small and serce them then take as much of the pouder as will ly vpone a grote putt it into one spounefull of cardous water or dragon water & soe take it & drinke a good draught of whit wine & suger after it & lay you to sweat or take three dropes of the Cimycoll oyle of eyuy & putt it in to a draught of muskydye drinke it & ley doune to sweatt, the oyle is better then the powder if you can gett it, this is to driue out aney infexion of the sicknes; to ripne it & breake it take a white lilye root rost it and lay it one & when it is broken draue it heale it with the parrisallsan plaster,
To make a blacke sere clath

Take fiue ounces of read=led and one pinte of sallet oyle boyle it one quater of an hower than put in one ounce of bees wax boyle it a littell and soe make it vp in roules you must not boyle it to much for then it will be to hard for eyes that are blood shoten

Take a fennell stalke & fill itt with white-suger canday then, stope it close att both the ends & lay itt in the ground till it is dissouled then kepe it in a glasse when you vse it put in one drope att a time night and morninge;

for the same;

take the treads of eaggges for want of them the whitts grind them in a allibaster morter to an oyell then put in sume white suger canday finely serced lett them stand all night in a glasse to settell then drop in of the clerest in to your eye,

for the same;

Take an egge & rost; it hard take out the yoolk put in the pouder of white suger canday close it vp tell it is dissouled then wring it out in to I a gleasse and soe vse it it is good for children that is new boren one drope at a time;

To make A glister to bringe
doune the monthly termes;

Take cammamile rew and dell sume fenniell seede and anniss seede boyle them in milk; then take - 2 - ounces of course suger the yolke of an egge beat them together then put them in and soe giue the glister;

for the falling downe of the euelow of the mouth;

Take licorish and anniseede and boyle itt in barley water sweeten itt with sum suger then drinke of itt warme as often as you will a good draught att a time;
To stay the whits

Take fiftene seeds of a pumpkine; and picke outt the cerniles; then eate them in the morninge & drinke a good draught of milke from the coue then fast an houer after doue soe att fouer of the clocke in the after noune soe take it twoyce a day tell you are well

if you fere a feuer

Take a good handfull of plantayne & as much of the sting inge nettle pound them with runninge water then straine them if you will you may putt in sume sugger soe drinke a good draught of itt could you nede take of itt butt once

if you fere the smale poxe

Take two spounefulls of Iane treacell & tenne or twelue spounefulls of dragones watter warme itt & soe drinke itt then lay you to sweette it will preuent them or you shall haue butt a few you must take this butt once

To kille the itche

Take a handfull of wood=bittony & sume sillgrene putt itt in two a pinte of white vine then sett itt in the embers all night to in fuse then wash them well with itt and rube them with the carbes euery morninge & lett itt drye with out wipeinge

To make a vine to bare fayer grapes

Take a g-doge and knock him one the head and lay him warme to the roote of the vine and soe put vp the mould

To make the oyle of Swallowes;

Take as many swallows as you thinke fite; put them into sallett oyle fetthers & all as they are a liue soe sett them in the swine for - 3 - or 4 months then strayne it and soe keepe itt for your vse

To whitten nve cloth

Take coue dounge & putt itt in to water make your water sumthing thick with itt; then put in your cloth & lett itt lye nine days & as it is; lay it out for nine days & with a water
pott kepe it weat & in that time itt will be white you must neuer lett itt be drye butt stille wett it with faire water then you may buck it & wash it out

To whitten yearen

Take rossen beat it small & put itt bee tweene your Scaynes as you lay it in the buck & it will whiten

To make the oyle rosses

Take read roses; picke them clene from the seeds put them into sallett oyle in a galley pott; and sett it in a skillet of water with haye lett it boyle halfe an houer then straine it out very hard; doue soe three times. then take sume roses and shreede them put them in to your oyle then sett them in the sume as long as you plese but take not the roses out this will keep - 3 - or - 4 - yeres

To make surrupe of vinegere

Take tow spoune full of whitte wine vinegere & - 4 - of rose water; & - 8 - of fare water one querter of a pound of suger; soe boyle it to a surrup

To make Cakes for the winde

Take sume white pepper; & sume cardimonie other wise called granes; & beat them butt not ato smale take spere minte and shred it very smale; boyle your surrupe to a candie hight and then putt them in boyle it a little and soe make it in to cake

To make respase wine

Take sack & put in as many respas as you thinke fitt & them stand one weeke then lett them rune throu an epicre bagge but you must not presse them then put in sume suger as you find by the tast & soe botle it vp

To make wine of graps:

Take the clusters of graps the rotten wans and all & rub them in your hands as small as you can in to a tub that hath a spikett in it you must put in stak-stalks & all then lett
them stand tow days then lett the liquor run in to an other vessell and when it hath done workinge then stop it vp

To make lemon Cakes:

Take your suger & doue but wete it with faire water then boyell it very well then paire your lemmom thine and mince it very small then put it in to your surrope boyle it well then take it ofe the fiere & when it is cole Put in the ioyce of your lemmons then drope it in littell cakes one pye plats and soe dry them;

To stope the redds

Take horse dunge put it in to a dish & sett it one sume coles sprinkell it with sume stronge white wine vinegere; when it tis very hott spread it one a cloth & lay it one her nauell chainging it twise or thrise a day & lay it one as hot as you ca^ n

To preserue greene walnuts:

Gather your wallnuts when you can runne a pinne thorought them before they are shelld; pare them & as you pare them pricke them with a bodkine att both the ends & either side sticke a cloue in eueru one of those places; if a greatt nutt foure clous in that maner; if your nutt be lessoe - 3 - or - 2 - will bee enough soe putt them in water as you due pare them lett them remayne soe all night & all the next day if you plese; then dry them lightly with a cloth; way them & to eueru pound of nutts; take a pound and a quarter of suger & to eueru pound of suger putt a pinte of red rosse water; putt them in your skillett then putt in your nutts lett them boyle very softley till they are grone tender; then gue them one or tow good gallops tell your sirrupe is pretty thick then take them ofe & lett them stand tell they be coole then pott them vpe; if you are in a consumptione eate one night & morninge; if you fere the plague take one eueru morninge and it will keepe out the infecttione;

1 A medisene for to strengtheine
the mother Mistris Weeks

Take one ounce of peper; one ounce of ffennell seed one ounce of Ellicumpainey roots; & beate them all seuerially very fine; & as much englishe=hony well=
clarified as you thinke will serue; boyle them a little
all to geather & putt it in a galley pott & eate of it
morninge & eueninge and fast one\textsuperscript{^tow} howers after

2 for the risinge of the mother

Take good mallmesy & a fewe cloues heate in a pott
and drinke of it; take read mynte & heate it bee
twene two tilles & when it is hott power some of
the mallmesy one the minte as it is one the tills & rowle
it one a rowle & laye it a songe one the greefe and
keepe the pottle warme & it shall helpe it by the grace of ^god

3 for the fallinge downe of the mother

Take a quarte of good ould white wine; take a hand
ffull of the toppes of younge=browne; put it in to the
wine boyle it from a quarte to a pinte; put in to itt
sume suger & drinke it of & it will helpe by the grace of god

4 A medicen for a mangy horse or doge,

Take allome; greene copriese & brimstone; of eche alike quan
tite mingel them with a little creame or fresh greace; then lett
the horse be well curried & there with an oynted & roub it in well
& lett him stand tied unto the racke halfe a daie after

\textit{folio 57 verso || folio 58 recto}

5 A medesine for the stone

Take the shells of new layd eggs & wash them cleane in the
out side & beate them very fine to pouder & grate a -
nutmegg fine & put there to & drinke there of a little in
the morninge & if neede be in the eueninge alsoe as much of the
eagges as the nutmegg; the drinke & all neede be noe more then
a good=sponfull or tow in rinish or white wine,

6 for the itch

Take a good quantytie of planten & shred it very fine
& boyle it well in fresh butter & straine it for your vse

an other for the same

Take the greace of a younge hogge; & a quantitie of brim
stone; & worke them well to geather with a knife vpon
a trencher till it be thoroughly wrought & then putt
there to a little a quauitie & soe mixe them all to geather
& vse them at your pleasure,
7 To make a surrupe for one that is short winded

Take a good hand=full of isipe; a hand=full of hore=hounde
seeth them in a querte of runninge water to a pinte straine
it thoroue a fine cloth; & put in suger to make it plesent vse
this morninge & euening with a licorish sticke three spun=fulls
at a time,

8 A medisen for th^y which are troubled with the winde

Take a quert of malmesei or white wine; one ounce of annisead
an ounce of fennell seede; one ounce of carrawaye=seedes; one
ounce of cummen=seedes; boyle all these from a querte to a pinte
straine them if you thinke good; you may put in sume suger
take of this in the morninge three spoun=fulls & fast -2- or 3- houer^s
after,- when you are disposed make a little supper toste a little
toste tell it be yeallowe & not browne & strick it with butter one
both the sides as longe as it will socke in then put it in to a
fare porringer & putt to it - 4 - or - 5 - spoune=fulls of pure-
malmesei; eate up the toste & drinke the mallmesy; & you shall
find it to doue you great good,

9 A broth for the stone,

Take pelletorye of the walle; & maiden=haire; french mallowes
yarrowe; plantaine; & parsely; of ech of these halfe a hand
full; of reson^es of the sonne a hand=full; boyle these in fare
runninge water; & put there to a spoune=full of fennell seede
strayne it & drinke of it in the morninge; & fast - 2 - howers aft^er

10 A plaster for an ache

Take smalage & stripe stampe that & putt to that aquauitie
& straine it then put to it bores grease & stur them well
to geather & anoynte the patiante before the fire there with
eueninge and morninge & it will helpe you,

11 for the paine in the eare;

Take -2- handfull of sage; one handfull of isoppe; halfe a hand
full of rosemary; put these in a little pillowe; boyle it in rose
vineger; aquauitie; & rosse water; & lay this to your eare as
hott as you can suffer it;
12: A drinke to mak one sollible

Take three fenell roots; three parsley roots; & take out the pitch of them; then take three sorrell leaues; & boyle them well in wheaye; & drinke of it morninge & eueninge

13: To breake the fleame

Take a pint of isoppe water; stilled; one quearte of good muskadayne; three good races of ginger; pare them clean & cut them in slices; & twise soe much licorish; and pare it like wise; one good hand=full of suger a canaie, grosse brused; put all the in greadince togeather in a glasse and shake them togeather & stope it closse & lett it stand 24 howers; then drinke of it at your pleseur;

14: A medesene for the any ache

Take greate garden worms & slitt them & stripe of the filth that is within them schope them smale & frye them in good sallett oyle; & strayne them & an oynte you w:ith all

15: A medicine for the mother & the greene sicknes

Take greate garden wormes & slitte them & washe out the filth & then lay them in white wine halfe an hower; take them out & then sett them in to an ouen to drye & then when they are thoroughly dryed beat them to fine pouder & drinke them with white wine in the morininge fastinge and faste -2- howers after;

16: A medisen to clench the back & purge the raynes

Take one fennell roote; & =2: parsly roots; & picke out the pithes of them & take there to one hand=full of pillitorie of the wall & all these things beinge washed cleane seth them in possett alle & drinke thereof when you goe to bedd and if you wake at midnight drinke of it allsoe;

17: A medisene for the payne in the backe
and for the heat in the backe

Take rose water; & put there to saunders; & rose leaues; & lay them in steepe in your rose water; one whole nighte then wash your backe with the same & it will take a way the heate and greatly comforte the raynes,
18: A meddicen for the tothe ache

Take peare leaues & all seath them in runninge water or  
ellse take pench woorte stampe it & straine it & seath it  
in milke; or ells take penyriall; plantaine; crops of mints  
make them in porredge & eate them & it is good,

19: To kill a canker;

Take hearbe grace; rag=woorte; fether=few; gruncesevell;  
parsley sorrell leues; boores grease of each of them a hand  
full; a little bay salte shred those to geather & seth them  
in a draught of strounge alle with sume vargis & it will helpe

20: A medisen to breake a rotten pluresie;

Take a peny white loofe new baken & cut it in the midle  
& spread it with treacle one both the halues one the crom  
mie side; & heate it as hott by the fire as you can then  
lay one of the halfes vpon the place of the disease & the  
other halfe one the other side of the pacients bodie dereckly  
& soe binde them that they stire not leauinge them soe  
a daye or a night that they impostume may breake which  
I have sene done sume time in -2- howers or lesse & then  
take away the bred & immedeatly y pacent will begine to  
spete & a voyde the putriefaction of the appostum & after  
the pacent hath slept a while you shall give him sume meate  
and it will helpe the patient;

21 A good meddicen for the wormes in the bellie

Take the gall of a bull & dippe some woole in it & lay it  
vpon the nauell of the pacent & it will helpe the worms  
to cum out of the bodie,

22: A plaster for a plurezay

Take the roots of wild mallowes & when they are well soden  
stampe them well in a morter; put to it an ounce of butter  
one ounce & halfe of honnye; of piggions dung -2- drams  
mingle them to geather & lay it hott right vpon the  
paine & see-soone after the corruption will breake;
23: A soveren water against the swellinge in the throte of coulde flamaticke humors & for the fallinge of the vulsa

Take a pinte of good redd wine seath it tell a quarte be consumed a way then scume it & put to it a peece of alam as much as a wallnut & almost soe much; english honye a sponfull; then lett them boyle a while then take it & vse it in your mouthe in gargarysinge & it will help you by the grace of god,

24: The vertue of woode betenye;

This saueth mens bodies by the helpe of god by the vertue it hath in it for who soe bareth it vpone him the fine may have noe power to ouer com him; & this hearbe must bee geathered in the mouth of hearvest early in the morninge eare the sunne doe rise & alsoe who that drinketh the juice of betonye it will breake the stone & cast it outt with the vren; alsoe if it be drunke with honey it is good against the dropseye; alsoe it is good for the out radge of wicked blood; alsoe a pleaster maid of betenyte it is good to put awaye a strocke in the neck if it be layde thereone; alsoe the juice of betoney mingled with water of rosses & put into a mans eare to a mend his hearinge; alsoe the powder of betoney soden with honney helpeth them that hath the blody egestyvrmes; allsoe it is good for the purcsines & meruelously it comforts the stomacke; & alsoe the leaues of bettonie mingled with salt to make a plaster there of & it tis a greate help to new woundes if it be laide there one & maynely for the head

if it be laide to it; alsoe the leaues of betonye to drinke the juice it will with drane the tears of the eyes; alsoe take fouer handfull of bettonye & -3 spounfull of olde wine & -17th pepercornes & breake them smale seath them & drinke of it & wounderfully it purgeth the veins & alsoe take one ounce of bettoney & one ounce of plantaine & drink it with warme water & it shall destroye the fower quotidiun & take the powder of the roote of betoney & drinke it with lucke warme water & it shall purge the fleame with spittinge out of the mouth; alsoe who will take the waygthe of a beane of the powder of bettoney mingled with honye & drinke it at euon & it will ease the stomake & the de gisteyone; alsoe whose will make a garland of bettonye & lay it about an adders neck & hee shall kill him selfe with it; alsoe take bettonye well warmed by the fier & then that beinge bounde to the fore head it prouoceth sleepe & puteth a way wicked bloude & distroyeth the heate of the eyes; alsoe take the
iuce of bettonye & put it into the eare of a deafe man, it shall helpe his hearinge; alsoe bettoney sodden with wine & holde it in your mouth & it helpeth the to the ache; alsoe drinke the iuce of bettoney fastinge & you shall not be druncke that day; when bettonye is puried in wine it purgeth the vaines & the spleene & the stomacke; the iuce moulded with salt & put in to the nostrels it shall purge well sauer of the nostrells,

25: A meddicen for the gowte,

Take a hand=full of rue other wise caled herbe gracé & a hand=full of great plantine; & as much of reed sage, stampe these herbs very smale & then take halfe a pound of blacke soope; & as much treacle of ieane as you may bey for a groate or sixe=pence; & mixe them togeather & putt them in a cloose vessell; & when the paine or greefe doth come take a piece of white leather pricke it full of hools & spred this salfe vppon it & lay it vpon the pacient where the paine is & this is a present rem medye with in an houer & if the paine doe rune from one place to a nother followe it with playsters from one place to another soe as it tis be for & it will helpe you by the grace of god,

26: A medicine for one that canot slepe

Take the oyle of rosses & putt to it a littel uinegare & beat them well to geather & put it one a cloath & then bind it to the pacients fore head & it is good;

27: Another for the same

Take the leaues of bittoney & warme them well by the fire & lett the paciante binde them to his fore head;

28: for an oulde sore or a greene sore,

Take fenycrecke; mastick; frankcomsence; saffron; rosen, terpentine; wyxe; hony; & may butter; & boyle them to-geather in the butter; & strayne it & keepe it for your vse
29: A remedy for womans papps;

Take white wine; & herbe iohn ; & barley branne and seath them togeather geather & lay it to the soare,

30: another to asswage the swellinge of womans paps

Take black mint stampe & straine it with swines grease; & laye it to the sore pappe & it will help it

31: To make a salfe callyed gratia des

Take bettonye; pimpernill; veruayn; egremoney; & the herbe called gratiu des; of ech of thes fiue herbes two ounces; & stampe them well in a morter & after boyle them in a gallon of wine; vntell two parts of the white wine be soddon & then drawe the herbs through a strayner; & then take the fecs & sett it againe ouer the fier lett it begine to boyle & then cast to it fower ounces of vergine waxe and when it tis molten putt there to a pound of peare rossen; & a pound of mastycke well made in to poude pouder & then strayne it well that the powder gett not to the bottme; & then put to it -3- penney worth of bacon & as you take it from the fier putt to itt halfe a pound of turpentine; & stur it well; take it of the fier and drawe it all hott thorouth a strayner in to a cleane vessell & when it is colde putt awaye ^the fillte a boue and bene & beneeth & lett the water rune frome it & keepe this well for it is good; & especially for ones head that is broken; & this afore saide may be mayde with re rede wine

32: A salue called rupertorioa; & for to make a corseye

Take cantarides; & powder him & as much of vnclacked lime; & of blacke soope as much as of all the other & mingle all these togeather in manner of a pleaster; & lay it to the soare as brode as you will haue it,

33: A good oyntment to heale a sore

Take the iuce of broome leaues with the flouers; & stampe
them; & mixe them togeather; with may butter; then fry
it & after straine it & then put of it in to the sore or
lay it aboute till it be whole,

34: To make a salue or a treate for all maner,-
of wounds,

Take larde of a swynes lefe; & sheepes tallowe; & melt
them togeather; take frankensence; & a peece of rosen;
& wexe; & a good quantiye of goose grease; & putt
all togeather in to a panne; take the roots of holie
hockes, & seth them well then drawe it thorought a
cloth, & soe keepe it in boxes & when neede is lay it
one a cloath & putt in to the wound or sore & change it
twaise a day & it will helpe you by the grace of good

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35: Another salue for sores that be hott

Take smallage; plantane, broose worte; ribe worte; red
pimpernell; & the white of a new layde egge; mingle
all these togeather & lay it to the sore,

36: Another for all humors of akings in bones ioynts or siattca

Take bame; & sinckfoyle; most of all betonie; neppe; and
fether=few; stampe them & drinke the iuce of it with olde ale

37: A salue to heale a mormall sor; for wine, & it is
good for the scabbe or scalde head pau\l'esye; & leprous \cause

Take brimstone; white elyboure; quicksiluer; comyn,
staueacer; of ech of these one ounce; take sixe ounces of
swynes; greace that is olde & pill of the shine & mingle
all these togeather then make & oyntement there of & lay
it ob to the place that is soare or anoynte there with
and it will helpe you,

38: for them that be scalde or burnt with fire;

Take blacke soope after the quantitie of the soare and
spread it vpon a cloth make a plaster & soe lay it
one the sore & within halfe a day it will drawe outt all
the heate of the fire; then lay healinge salue to it & it will
helpe you,
39: A very good medicen for a swellinge in the stomake

Take bole=armonnecke; & a quantyte of redd vinager & as much of good ale & putt them togeather; & drinke it fastinge in the morninge & fast to houers after;

38-40 A medicen for a botch in a mans brest,

Take the leaues of morrell; & the white of new lead eggs beane meale & make a plaster of it lay it to the partie and it will breake it by the grace of god,

39-41: for a plaster for the stomacke,

Take halfe a pounde of sower bread that is well leauened; & a pinte of vinegere; halfe a quarter of pouder of cominge=seede; & boyle them togeather till it be thicke & there of make a plaster & lay it as hott to the stomacke as you can & soe binde it fast,

42: for the raynes of the backe

Take your one water; & boyle it well & skime it well take a quarter of an ounce of oyle of bays; one ounce of the oyle of roses; boyle it from a pottle to a quarte or a pinte; & an oynte there with the raines of the backe & all soe a boute broad of the spleene vaines of the feete and it is good,

43: A medicen for the stone;

Take iuey berrys stampe them well giue the party that to drinke with white wine & lett t=them make water throught a cloath & thay shall avoyde of stons & grauell & it will helpe them

44: for a mouth that is sore that cometh from in ward heate

Take rib=worth & seth it in redd wine & when it is
soden take of the wine & hold it in your mouth often times & it will help you;

45: To make a drawinge salfe,

Take halfe a pinte of salett oyle; & a quarter of virgens waxe; & a pound of rosen; & =2= penney worth of verges; & mixe all these togerather; & it will be a very good salfe,

46 To make a seare cloth to dray away an ach

Take stone pitch; & disolue it in iuce of honne sockle leaues; then take it out & boyle it in oyle & putt to it saffron; & stire it well till it be thicke make there of a seare cloth; lay it where the paine is;

47: A drinke for a woman that has sore papps

Take bettoney; veruyayne; egremonye; auensse; and maiden madder; as much as the fouer herbs; breake & cutt them & Boyle them well in good stale alle; & giue the partie to drinke in the morninge first & last to bedward & it will helpe you,

45: To kill a fellone;

Take a egge; & roste it hard; take an onione & rost it softe; take the yolke of the egge; & the onyone and grinde them to gether lay it to the sore & it will help

46: for a sore brest,

Take worme=wood; mallowes; turnearssys; rosses; and wheat branne; stampe all these togeather & temper them with white wine; sett it ouer the fier & boil boyle it make a plaster of it & lay it to the sore brest

47: To make a mane to avoyde vuren

Take a pinte of clarrett wine; & 2 nuttmegs sett them togeather putt in a little suger; drinke it
warme & it will hellepe you,

48: A suferaine water a gainst the pestelence,

Take peneryall; scabious; bettinoye; pimpernell, dragons; of euery one a like quantyte; & still it in a stillitorie; & keepe it in a glasse; for it is good agai nst the pestilance and poyson & as phisions say it is mer veyle aney man should be infected that drinketh this water

49: To make a man laxetiue or to vomite;

Take baye leaues; make pouder of them putt to them one spoune full of honey mingle it & eate of it

50: Another for to make one vomite

Take a spounfull of sallet oyle & heat a little faire water blod warme; mixe the oyle & water togeather; then drinke it ofe,

51: for the megrome & the impostam of the head

Take - 4 - pennye wayght of the roots of pilletorie of spayne ; & halfe penne wight of spikenard & grind them to geather; boyle them in good vinegar; take a scacerfull of musturd & when the liccour is well boyled & could putt to it honnye & the musturd; mingle them & lett the sicke vse there of halfe a sponfull at one time & hould it in his mouth as longe as one may saye his creede & then spitt it outt in to a vessell & hee shall see the fowle corruption com out & then after take an nother & lett him doue this tenn times or twelue & a good while after hee hath taken his dinner & a little be fore hee shal goe to bed & vse this but -3- or -4 days & he shal be hole

52: for the Emrodes; a present remedie;

if they haue not as it wore papps; take wilde-cressets & stampe them & stewe them in a pott; with out water
make a plaster of it & lay it to the emrodes; & it will helpe you by the grace of good,

53: another for the Emrodes,

Take a thicke breecke; make it redd hott; then laye it in a close=stoole; power one the hott breecke sume mam-
sey; & the partie must sitt ouer it that the smoake may by his sittinge ouer the smokeinge brick dray the emords

54: for one that hath dronken venyme;

Take bettyome; & drye it make powder of it & when you haue neede take thereof as much as you can with your fingers at twise; putt it in to a cuppe of wine & boyle it drinke it fastinge & you shall be hole,

55: A good drinke for a man or woman that is in a greate drouth or thyrst

Take a quantytie of good clarrett wine; & a little rosse water the iuce of a lemon & an oringe; strayne the iuce in to your wine & rose water; with a quantytie of suger & soe sturre it well togethe & it will helpe them

56: A salue for the piles

Take longe=worte; & bruse it in your hand; putt thereto a littel may butter; & lay it to the gresse with a peece of a redd cloth; & a lefe of longe worte,

57: To make a sirroppe to make one laxatiue;

Take fennell roots; parselye rootes; cucorye roots; of euer of these two roots; take out the pitchs of the roots; take peneyriall; vssett tune; vnssett isope; hore=hounge; violets leaues; maiden heare; of each of these herbs halfe an handfull; tow ounces of sune; alexandryne two ounces; of polipode of the ocke .2. ounces; of annesseeede -2- ounces seth them all togethe in a quarte of white wine; & a pott tell of faire water; tell more then halfe be sodden away & then strayne them putt it in an earthen pott; putt to it one hand-full of damaske prunes &
soe much suger vntell it cume to a sirrupe; keepe
it in a glasse or a fayer pott; when you will bee
laxatiue take -5- or -6- sponefulls fastinge and two
hours after the recyte it shall helpe you

58: To putt a waye a heate; burninge; or ague,

Take sucorye roots & leaues; perseley roots; & endif
leaues; & buglasse; seth all these in a pottle of running
water; when it is well sodden strayne the water and
erbs putt to it a good peece of suger that it may be
made plesent to drinke & -2- sponefulls of veneger
that it may be sume what sharpe you may & thise
will helpe you by the grace of god,

59: for a woman that hath lost her termes

Take a peney pott of good sacke; & a good quanti
tie of treacle of feane; warme it blood warme &
gue it to the paceinte; it is a very good remiedie,

60: another for the same

Take a penne-pott of white wine; & an nuttmege dried
one the hearth by the heate of the fire; then beat it in
to powder gue it to the patcente to drinke to bedward
or in the morninge & it will helpe you

61: A good medicen to stope them

Take a penne worth of muskdine; putt to it a good
deale of fine ginger & drinke it in the morninge or
euening & it tis a present remedye,

62: A remedy for the crampe,

Take suett that is a boutt the eares of swine and
mallowes; seth them togeather; & anoynt the
patcent by the fier,
63: To take away *the* skurfe or itch

Take sallett oyle; &uirgen waxe; seth them to geather; & anoynte *the* pacinte there with & hee shall finde remedye,

64: Another for *the* same;

Take a little brimstone; & fresh grease; & a quantitie of treacle of ieane; melte these togeather & anoynte *the* patcent to bed ward with & wash him with whote water & make *the* place in *the* moringe when he riseth and serue him thus twise or thrise & he shall find greate ease thereby,

65: A medsine to putt a way a feauer; or ague;

Take *the* white of -2- new leade eggs; beate them till they come to a froth; lett it stand a while then take from it *the* oyle putt to it a spoune-full of aqua vite or to mixe it well & giue him to drinke be fore the fite douth come

66: A medisen for one that cannot hold; theyr water in there sleepe;

Take a pece of *the* vttermost parts of *the* thinge that *the* calfe doth ly in *the* dames bellie when shee is killed drye it in an ouen; make it in to poudre; & giue it to *the* paticante to drinke & it is an aproued medisen

67: A medisen for *the* blody flicxe;

Take in *the* moringe or any other time a good hand-full of knote grasse; seth it with*the* blacke smyths water of *the* colde trosse where in he coleth his hott yrones when this is well sodden putt it in to a close stole panne; that *the* hott ayre or sume may cum in to *the* body & lett *the* pacente vse *the* benyfite thereof soe long as they see fitte any heate to cum in to there body & thus lett them doe -3- or -4- or -5-days togeather and it will helpe them by the grace of god,
68: A medisen for the gowte,

Take may butter; & halfe a pounde of cuminge seeede & a quarter of a pounde of blacke soope; & a handfull of rue; & a little shepes suett; stampe these in a morter take the gaule of an oxe; & one sponefull of baye salt frye all these togeather in a panne tell it be thicke then lay it one a woleinge cloth & lett it lye -3- weeks & euery weeke take a plaster & it will a lay the ache

69: Another for the same;

Take sixe handefulls of wale-wort; seth them in wine; then strayne them putt to it a littel waxe, oyle of specke; aquauitie; make anoyntment of it & anoynte the place & by grace of god it will helpe you

70: for a canker that maketh a mans mouth to stinke

take souer rye dowe that is made ouer night & fill it well with salte; & much pepper, make a cake & bake it well; take harts tounge; & a leecke stalke; & burne it to powder & lay it to the canker & let it lye all night; & doue soe till it be well

71: to take away ded flesh;

Take bone wort; & honey & rye mele, make a plaster of it & laye it to the sore

72: for the stone or strangurye,

Take one penny=worth of saffron, as much of licorish, as much as commyne; as much of longe pepper; as much of graynes; as much of nutmeggges; & an hand full of sentorey; beate all these pouders to geather & take one pene worth of permeceta; mixe all togeather with ale; giue it to the pataince to drinke at night to bed ward & in the morning fasting
73: A precious medisen for aches;

Take a whelpe that sucketh the fatter the better & drowne him in water till he be dead; then take out his guttes cleane; fill his belly with blacke soope; putt him one a spite & roste him well; take the dropinge of it & putt in a vessell & keepe it well; then laye the patiente & make him to sweate; & anoynte him with the same droppeinge & couer the pecente warme with cloths enought that he may sweate well then make a fire of charcoles in a pane & lay there one a good handfull of sage; & lett him take the ayre thereof in a close house; vse him this -5- or -6-times & it will helpe him by the grace of god.

74: for the Quensey

Take culembine seede, & the seede of fether-few the leaues of cumfrey; temper it with stale ale; & drinke it

75: for spots in the face for a mans, or a womans face that seemeth as they ware drunken; take water cresses; cut them smale putt them in a new earthen potte; putt faire water of a springe to it let them boyle togeather; then drinke of it in the morninge; & eveninge & this shall putt the spots a way

76: for the canker in a womans breste;

Take the dounge of a white goose; & the iuce of salandine; & braye them well in a morter & laye these of to the sore pape; & that will slay the canker & heale it

77: for a perliouse Coughe

Take sage; rue; & commine; & powder of pepper seethe them togeather in honey; make an electuary; & take one spounefull att morninge and at eueninge & it will helpe you;

78: A presious medisen for the coughe
Take one hand-full of rue; one handfull of seth eren=wood; one handfull of rosemarye; and a quarter of clarifide honney; & a quarte of white wine; sethe them to geather; pouer out the lickeour; & stampe the hearbs; putt in the lickour againe; & boyle it in a little panne & after that straine it; putt the licquot in to a glasse & vse it at eueningse hotte; & att morninge could & it will helpe you;

79: A good medisene for one that is greaued; in his bellie; with much wine or colicke;

Take the woll that is betwexete the sheepes legges that is full of sweate one hand=full; loose it & sewe it one a linen clothe; take oyle of rew & make the saide moyst with it; warme it by the fire hott as you may in dure it lay it to his belly, & keepe it soe that it fale not ofe & it will helpe you by the grace of god,

80: for to a swage the swellinge of a womans papa;

Take blacke minte stampe & straine it with swinse grease; laye it to the sore pappe & it will putt a way the paine;

81: To make bame water to expell the; disease of the mother;

Take a gallon of stronge ale; & one pound of bame halfe a pound of licorish; one pound of annie seedes, step them tenne or twelue houers; then still it by limbecke; this is a uery good drinke against malencholy

82: A soueraygne medisene to kill wormes in the, belly of younge children,

Take the herbe called sauen; herbe grace; wormewoode; vnsett leeks; withthe roots of euyer of them a like quantitie

and take the forth parte of an oxe gaule; & fry them
togeather with a little may butter; putt it in to a
dooble cloth; & lay it to the patciant nauell as hott
as it may be suffered & it will helpe

83: A pretious water for the collecke & stone

Take garden time; auenes; saxifrage; sampere; prose
perne; beane coddes; rampsons; & gromell leaues
& not the seeds; still a quantitie of euery of these
seueral by them selues; that beinge doune take
soe much good malmesey as theire is of the other
waters that be stilled; putt all them togeather
& then still it out of a limbacke; giue of it to the
paciant three spounefulls; eueninge & morninge
with a little white wine; or good ale; doue this
3- days togeather; after three days vse it once in a
weecke or tenne days; & soe it will helpe you,
& lett it stand in the sunne;

for the collicke

Take a redd oyneon; & rost it then splitte it &
lay it hott to the paciant where the paine is

84: A good medisen for them that be in a consumption,

Take a suckinge pigge of seuen days olde; dress it and
scalde it soo that noe water cometh in to the belly; then
putt of his skine full of holes; cutt of the head; & quarter
it; putt the head & feette; & the saide quarters in to a
pottell pote or more; putt to it a pottle of stronge
malmesey or good muskedine of sene; putt to your
infuse; sage; rosemarye; time; hore=hounde; neppe,
cammamile; rue; isope; orgunme of eche of these
one handfull; then stoppe your pott with rye doue
that noe kinde of water or ayer may enter in or goe
outte; then take a brasse potte fill it with water & put
the earthen potte with your infuse in to it; make a good
fire under it by the space of eighte howers; then take
outt the potte with your infuse therein; putt it in a
stone mortar & stampe the saide ingredince smale &
then stille it in a stilletory or a limbacke for that
is the beste waye of stilleinge it; & soo giue the petciant
one sponefull or tow at morninge firste; & at night to
bedd warde; & it will restore the patcainte to healt
with in tenne days by the grace of god,
85: A proued medisene to putt a way a greate choughe

Take halfe an ounce of the roots of elicumpaine finely beaten into powder; 4 ounces of licoresh well scraped; & beaten in to powder; 4- ounces of fine suger; mixe these well togeather; butt before you mixe them you must serce your said pouders be fore you putt it to your suger which must be finely beaten; then you shall haue a fine dregge of it; eate of it to bedd warde & in the morninge,

86: To stince the bleedinge at the nose or wounde

Take the mosse of a any-crabbe-tree; lett the patciant smell to it as it cometh from the tree & it will staye it by & by; this medisen was proued one a younge gent in oxeforde which had bleed to three dayes & 3- nights & all the phisions had giuen him ouer,

89-87: Another for the same

Take greene copersse; & boule=armenecke; about one quantitie; finely powdered & cast it in to the wounde & it will stoppe

88: A salue to take away swellinge from a sore;

Take a handfull of redd lead; one pint of oyle a little rosen; & wex; a littel, castell sope seeth these till it waxe blacke; when it tis all most you may dip olde linnen cloth therein or else spred the same when it is colde as thin as may be & use it when you have cause,

89: Necotia salue to drawe & heale,

Take necotia leaues, lett them drye -2- or -3- days then cutt them & pounder them in a morter; take a quanti tie of mutton suett; putt soe much of yellowe wax- & rosen as you doe of suett; lett it boyle halfe an houer softly & sture it; then take it from the fire
& strayne it putt it ouer a chaffindish of coales
puttinge turpentine therein; putt it into the pott
where you will keepe it stiringe it vntill it be halfe
colde,

90: Another for to drawe & heale

Take march valeran; sedwell; redd fennell; ribleafe;
these drawe; & for to h^e^ale; take water bittonye; sage
columbines; mary-golds; isope; bayes; necotia; herbe
grace; kessabolian; chicken weede; camamell; mer-
cury; woorme wood; saint iohnes worte; of ech of these

one handefull; pounde them all togeather; then take
one pound of hogges grease; & halfe a pound of newe
sheeps tallowe; boyle all togeather; & when it is well
boyled straine it; putt to it halfe a pounde of wex &
halfe a quarter of rosen; when that is molten take
2- ounces of terpentine; beaten with cleane hoggs
grese; putt it in to the same alsoe

91: Another for the same

Take mallowes seethe them well then stampe them
take olde barroes grease & cleane barly meale boyle
all togeather & make a salue thereof for it tis
a ready helper,

92: Another

Take ^ a quarter of a pounde of uirgine wax; tow ouncs
of sheeps suett; melt them togeather a littell then
take it from the fier; & putt therein one ounce of
franchensence & sture it well togeather; then putt
it in a boxe this will both drawe & heale;

93: A salue for anye cutt or wound newe or olde;

Take merch selfheale or pile plantin; Rib worte; browne
bugle; bronwe worte; & tutsen; of ech -2- handfulls; of
cinckfoyle; dittandie; & bittine halfe an handfull
pound them smale with a quantitie of hoggs greese
then fry them togeather tell the herbes looke pale
then strayne it & take halfe a pound or more of wax & soe much rosen; make that smale & melte it till you thincke it be well; then putt it ouer the fier againe & make it very hott; then straine it againe & take a pritie quantitie of terpentine cleane washed & putt it in to the salue; sturinge it to geather a good while then lett it coole after then putt it in to your pott & you shall finde it tis a most excellent salue

94: salue to heale blisters

Take sallett oyle & redd lead boyle it ouer a softe fier you shall knowe when it tis well boyled by puttinge a sticke in to it & drop there of one a sacer if it be thicke take it from the fier & lett it stand till it be almost colde; then spred it one a linnen cloth lay of this to the sore twice a day & if the blister be very hott then change it the oftener;

95: A verry god salue for the scurfe;

Take may butter & melte it; then take the fillth of a dogge the whitest may be gotten make pouder of it serce it & putt the pouder into the butter with a littel quicksiluer; beate it well togeather & when it is colde anoynte the forehead there with this hath binne proued;

96: A greene salue for a greious cutt

Take sage; red=fennell; arpex; ribe worth; march selfe heale; water shok leaues; plantaine & night shade; a like quantitie of eche of these; stamp-then togeather; take waxe; rosen deere suett & may butter; boyle them togeather & straine it & it will be a very good & greene salue;

97: clouns shorte salue to drawe & heale

Take -4- handfulls of cloun shorte; stampe it & - putt it in to a skillett; add vnto it -4- ounces of barros grease; halfe a pinte of oyle oliue; 3- ounces of wax which must boyle vnto the consumptione of the halfe-iuse the which you shall know if the stufe doe not
buble att all then straine it & putt vnto it -2- ounc\textsuperscript{es}
of turpentine; & sett it one the fire a gaine boyle it
a little then cast it in to a pott for your vse;

98: black salue;

Take a quart of sallett oyle; a pounde of rd reddy lead -
boyle both togeather ouer a softe fier; sturinge it
till it loke blacke; then take upp a littel of it & lett
it drop one a pewter dish & trye if it will role
or not; if it will it tis enoughte boyled; then take
it from the fier; & putt halfe a quarter of rosone beat
en; then sett it ouer the fire a gaine & boyle it till
all be melted still stire it till it be a littel colde
then take cast it in to colde water & keepe it
theire till it be colde enoughe to role; then roule
it & when you will vse it for a wounde spreade
it one a cloth; you must boyle in it a quarter of
a pounde of wax;

99: oyle to cumforte stiffe & sore sinews;

Take halfe a pinte of oyle oliues; or aquacomposite
a quarter of a pinte; bay leaues; sothern-wood; bame
sauery; broune mints; of eche alike quantitie; chope
& mingell them with the oyle or aquacomposite; chope
soe many herbs that the liquor may couer it close
& the vessel must be soe close that noe ayre may come
in or out; then sett it in a pott of boylinge water
soe lett it stand - 24 - houers; & as the water consumeth
cast in fresh sethinge water; & haue a care that
the water boyle not ouer your vessel of oyle after
this time strayne out the liquour crushinge harde
the herbs; then sett it ouer a chasen dish of coles
lett it boyle softely untill the aquacomposita be
consumed; then putt to it as much wax; & turpen
tine; as you thinke fitt; stirre it tell it be almost
colde; then putt it in a cleane vessell; then warme
part of it & an\textsuperscript{anti}ynt your greefe; butt first rub it
with a course linnen cloth before you anoynte the place;

100: oyle of cammall for an ache;
101: An oytment for drith in the hands;

Take -7- souer apples picke out the coars; & shred them; Boyle them in rose water till they be ivery tender; then stampe them; then take -4- ounces of cleere suett & -6- ounces of fresh goose grease; melte all these to geather; & putt there vnto -2- crownes wayght of camphier; & -4- ounces of seerus or white lead; make of all these an oyntment softe & an oynte your hands there with morninge and at the eueninge;

102: A salue to cure any wounde

Take one handfull of velerian; soe of grounseell; of uiolet leaues; strawberre leues; hemlock; penny leaues; ground iuey; harts tounge; honny suckell leaues; scabius; veruaine; march white ashe; chicken weede; plantaine; fetherfoy; brambell leaues; sedwell leues; wood bine leaues; mostable cardus=benedictus; & necotia leaues; take one hand full of each of these & cutt them small & putt a pounde of fresh butter to it then lett it boyle one houer then take it from the fier & strawyne it & putt turpentine & a littel rosen there to & soo lett it coole

103: A receiptpe how to make aqua myrabilis

Take three quartes of white wine; one pinte & halfe of the best aquauite; one pinte; & of the iuice of celendine halfe a pinte or better; of the iuice of balme halfe a pinte; of the iuice of spaere minte halfe a pinte; violett flowers; gillaflowers cloues; mary goulds; roosemary; mary; damask roose buds; bugeles, borage; of eache of these one handfull; mellelott flowers or seedes to drames; quibibbs to drams; gardymony -2- drams; drams; gillingale to drams; ginger
to drams; nutmegs to drams; mace to drams; cloues to drams; one sticke of cinamane as lounge as your finger; elcumbpaine sliced & dried to drams, orringe pills to drams; lemon pills to drams; one spounefull & halfe of annesseeede; all your spices beinge grosely beaten; putt your flowers; iuces, aquauite; white wine & all into to a closse vessell & soe lett it steepe alltogeather all togeather all nighte & in the morning putt it in to a close still fast & soe still it with a softe fier;

104: To make the ague water;

Take a quarte of angellica water; a quart of scabious water; a quarte of cardis water; a quarte of draggons water; a quarte of pimpernell water; take all these waters; with a pound of treacle of iane; one ounce of diosecrdium; halfe a ounce of metridatum; of bugles burrage; mary gould; uioletts & cloues gillaflowers of each of these one handfull; all these putt to gea ther in a cold still fast & you may distill with a soft fier.

105: To make a pouder for the Greene sickenes;

Take one ounce of steele dust; a quarter of an ounce of cloues; a quarter of an ounce of mace; a quarter of an ounce of nutmegs; a quarter of an ounce of english mather; a quarter of an ounce of elecum paine dried; & eight ounces of suger; make it in to fine powder & mixe it all to geather;

106: A plaister for the goutt or ache in the ioynts; where with the lord Robert Rich was cured; when all the churgions thought him to be vnecuereable;

Take halfe a pound of vnwrought waxe; halfe a pound of rosen; one ounce of olibanum; a quarter of a pound of lethargie of gould; three quarters of a pound of white lead beaten in to powder; & scerce it thorought a serce; then take a pinte of oyle of neates feete & sett it one the fire in a small vessell & then when it tis moulten then putt
to it the other powders; & stirre it fast with a sticke
then putt a little of it one a pewter sawcer; take
it from the fire & anoynte a farre bord with some of
your oyle of neates feete & as you may handle it
for heate worke it as it ware cordiers waxe &
make it in great rowles; & make plasters of itt
with a chafen dish & coles spred it thinne one a
linninge cloth; or a leather; lay the plaster warme
where the painne is & soe renew it morninge and
eueninge vntill you bee whole or vntill the ache
be drawn to some other ioynt; then take the pleaster
& lay where the ache is & be ware of hott & colde wines

107: for an olde sore;

Take of bolarmmanicke & of white copperes of eche
4: ounces; of camphire of one ounce; first pound you[r
coperes & camphire; very smale; then putt it into a
pipkin well glaisd & putt it ouer the fire & keepe
it sterringe till all the moyster be consumed then
take it of pounde it very small; then pounde your
boularmenacke & mixe it to geather & keepe it for
your use; you are to add to euery spoonefull of
this quarte of boylinge water; w[i]th this water bee
inge setteld bathe your leggs with clouts beinge wett
therein & sett ouer a chafin dish for halfe an houe^r
togeather as hott as you can suffer it & soe lett
double wett clouthes lye one the sore till the next
dressinge which must be eueninge & morninge,

108: Mathias lucantellas as pretiotius vnctment;
oyle or ballsame;

Take -3- pints of the best sallett oyle; -6- spoonefulls
of sacke; mingell them well togeather in a little
panne with one pound of the best venice turpentine
the same beinge first very well washed in rose water
three seuerall times; putt to it halfe a pound of
good yellow waxe & putt all these togeather into
the panne; lett them boyle tor the space of one
hower & halfe with a very softe & temperate fier
then add to it one ounce of the best redd sannders
the same beinge beaten very smale in a mortar
& after lett it boyle againe till it doe become
a perfect vnctment;
to bringe this pretious vnctment to his full per
fection; you must putt the same in to a stone
drinking iudge or ale bottle; then couer it uery
close with leather & then with an other couer of
leadd; lett this bottle of vnctment be buryed
vnder the ground in dry earth one yeard deepe
& remaine there the space of one whole yeare after
then takeing it vpp you must payer away all
the mouldey or hore you find one the toppe of it
this balsume is aproued good for theise infer
mities; first it will cure aney inward or out
ward wound greene or olde; if in ward it must
be made blood warme & spouted in to the wound if out ward you are
to apply it with fine linte or linneng cloth an
oynteing the parts offended; there with & it will
take away the paine & keepe the woonde from in
flammation & draw out the broken bones or other
things that else might fester the same; soe that the
in warde parts; that is the brayne; the gall & liuer be
not tuched & it will heale it in -24: times dressinge
especaly if noe other medisine haue beene applied
before; it healeth aney burninge or scaldinge
by fier or water or by aney other meanes
it taketh a way all paine that cometh of colde
or moisture as cathars or aches in the bones; and
sinewes by anointinge first the partt offended
withthe same oyle heate; & warme clothes claped
one it; it healeth the head ache by onely anoint
inge of the temples & the nostrels with it; it helpe
the winde collicke & the stich in the side beinge
taken in warme broth or beinge applied there
to with warme clothes -4- mornings to geather one
quarter of ounce; it healeth a fistholowe or
uelcer in any part of the body by anonytinge

the same first with this balsume warmed & then
a linnynge cloth dipped there in & layd warme
to the greefe; the same application alse of this
onyment will heale any cutt in any part of
the body; & kill the wormes or cankers; butt nott
in soe short a time; it is very good against the
plague or mesells soe that it be taken presently
in warme broth for -4- mornings togeather and
sweat vpon it; it helpeth disgesture by only
anoyntinge of the nauell there with going to bedd
it is god against uenome; it healeth the swellinge
in a woman brest or other part of the body it
beinge applied both out wardlie as for a fis
holowe & in wardly as for the measells; & stich
it easeth the ache of a holowe towth by puttinge
a little there of with lint there in to; it helpeth
any bruse being applied as an oyle to rubb &
chafe in the same where the paine is;

109: A medisen for a consumption;

Take a quarte of ale; & a pinte of good aquauite;
a quarter of a pound of loofe suger or suger candi
a quarter of an ounce of mace of an ounce of sinnamon
two spoonfulls
of the roots of elecumpaine; pound all these & put
it in to the liquor & sturre it well togeather &
keepe it in a jugge close stopt -4- & -20- houers
then you must take -3- spoonfulls of it in the
morninge fastinge & -3- att noone, & -3- at night

110: The goulden water other wise called;
the water of life;

Take walnutts in the begining of iune & breake
them in a mortar; still them in a stillitory
of lead & keepe that water by it selfe; for the
second water you must geather your wallnuts
at mid somer or -3- days after stampe & stille
them as the first & keepe that water by it selfe
for the third water you must gather the nutts
14:th daies after midsomer & as you did withthe
former soe still these & keepe the water by it
selfe; then take a pinte of each water & putt it
together & still it in a stillit tory of
glasse & soe keepe it; this water is caled the
goulden water or the water of life the lest of all
waters that may be made for the great vertue
that is in it; for take one dropp of it & cast
it in to water & it will helpe all feuers & palsies
one dropp beinge putt into the eyes cureth all the
diseases & paine thereof; it causeth a woman to
conceiue childe if shee take a spoonefull in wine
once a daie; it procureth sleepe if the temples of
the head be rubed there with & if it be druncke
with wine it cureth infirmityes within the body;

111: To make an excellent sweet water

Take damaske roses; lauender speeke; croppes of bayes; the flouers of white lillyes & a little musk & ciuett with sume beniamyne; still these & you shall haue very sweett water butt if you putt in sume ambergreese & other sweett perfumes it will be the better; butt the former will be very sweett water,

112: Mellilott salue to drawe & heale:

Take -3- pounde of the herbe when it is fullest of sape & beate it very smale in a morter; put it in to a quarte of sallett oyle; then sett it one the fire to boyle in a skillet; till the iuce be consumed the with you shall knowe when the herbes seme to be scorched or burnede & the oyle leaues bublinge then straine it from the herbs & add to the oyle halfe a pound of yellowe waxe -4- ounces of rosen & -2- ounces of turpentine; then sett all these to the fire againe till it be melted & if there remaine aney dross in it you may straine it againe & power it in to your pott where you mene to keepe itt; it tis anexelent salue for a greene wound laynge it plaster wise;

To make the redd powder

Take one pounde of the best boolearmacke when it is of the deppes coller it is best both for sight & tast you must pound it very smale & sift it thorough a fine smale serce then take one hand

- full of egeraimonie; - one handfull of ter turmentell; one handfull of scabbous; one hand full of pimpernell; one handfull of cardes one handfull of bittoney; one handfull of draggon; one handfull of sage; one hand full of woormoude; one handfull of rue; methredate; diuscordeum; treacle of iane of eche halfe an ounce then shred all these together the langth of halfe an inch & soe
bruse them in a mortar; then take three pints of white wine & steep it with these herbs all to gather all night then strain the white wine & the herbs all to gather doe so -3- times still changing your erbes & putting in fresh; then wet the pouder with it & soe put the pouder in to a chamber windowe where noe sunne may cum butt only the ayre to drie it; & as the pouder doth drie soe wringe the ioyce of the rest of the herbs in to it & sture it & soe lett it drie so hard as a paist that you may mould it then make little cakes of it & putt them against the sonne to drie soe hard that you may scrape of it; if it be for a man or a woman giue as much as will lye one a shillinge in dragone, or cardious water in sack or berre or what else you like best one good draught & sturre it well if for a childe your preporsion must be the less; it driueth away any paine from the harte or stomacke it stayeth a vommiting & is good for many other infermities, for one that is brused inward or outward

Take a good handfull of greene balme & shred it boyle it in milke & make it in to a possett and soe drinke a good draught of it warme if the bruse bee outward lay of the hearbs which you boyled vpon the brused place

for the winde Collicke

Take one goode handfull of Saint Iohns worte; and boyle it in possett alle; drinke a good draught of it when you goe to bedd and lay you to sweete-sweat

To make meedd

Take one gallon of runninge water; and all most one quearte of honey; boyle it halfe an houer as fast as you can make it boyle; & scume it all the time as cleane as you can; then lett it stand
till it is blood warme then putt in sixe spoune
full of barme then lett it stand and worke
and the next day bottle itt vp put in to euery
bottle -3- or -4- bitts of lemmon pill & sixe
clous; it may be drunk in -3- or - 4 days
mistris Popes ;

To make a cake

Take -4- pound of reasones of the sone; picke wash & stone them then drye them shread them very small
take -4- pound of corranecs wash them & dry them then
heate your ouen ay you due for a passtie of vennisone
then take halfe a pecke of flower -3- pound of fresh
butter; putt your flower in to a treay and breake your
butter in to it very smalle then mixe it together; when
your ouen is readey to be sweepte then stroue in your,
frute then putt in -4- or -5- egges beaten; take one spone
full of nuttmege & one sponefull of sinnamane; one pinte
of barme tow pennie=worth of sacke; take a quarte of
creame make it as warme as milke from the coue then

wett your cake with it then mixe all these very
well together butt not mould it; then stroue your
papper with flower lay it one the peele & foe fashione
it as you will haue it putt it in the ouen one houer & halfe

an exselente medesene for a greate belly
after an aggue of or a fitt of sickness

Take a peack of rye=mele & make a pye of it; take a
peacke of redd=sage shred it a little & close it in your
pye; you must bake it with housall bread: when you
drye it you must cut it opne & putt it close againe
then putt your pye hott in to a stand of alle keepe it
that it douth not worke ouer; when it hath done
workinge binde a sheete -4- double ouer it & lett it
stand -3- dayes then bottle it vppe; and drinke noe
other drinke; this hath hope a woman that was as
bige as any with childe;

an exselente poultise to heale any sore or aswage
any swellinge

Take sweete creame that will boyle & thicke it with fine
flower soe thicke as an hasty puddinge; boyle it soe longe
till the creame runs like an oyle then take it of the fier
and putt a spoune=full of oyle of roses in to it and a
spoune=full of honey stur it together; you must lay
this one warme to any sore or swelinge & it will hele it

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Take Eiuey berrys and dry them beat them small and
scerse them take as much of the powder as will pye one
a groate putt it into one spoune=full of cardous water
or dragone water; & soe take it and drinke a good drauft
of white wine & sugar after it & lye down to sweat
or take three drops of the cimicoll oyle of eieuey & putt
it in to a draught of muskidyne drinke it and lye
down to swett the oyle is better then the poudre if
you can get it; this is to drie out aney infecon sione
of the sickness; to p-rippen it & breake it take a white
lilye roote rost it and lay it one & when it is
broken then draue it & heale it with the parrisallsan plaster

A medicine against the Plague measells;
smaile Pox: surfett; & diuers other diseases;

Take :3: pints of malmeley or muskadine :&: boyle in it
one hand=full of sage & one hand=full of hearbe of
grace vtill a third parte be wasted then take it of
the fire & straine it then put there to one penniworth
of longe pepper; halfe an ounce of ginger; a quarter of
an ounce of nutmeges; beinge all irst well beaten, then
sett it one the fier againe; : let itt boyle a little longer
then take it of the fier & put therein fowre penny=worth
of methridate; two penni=worth of London treacle, one
quarter of a pinte of strong angelico water or the best
aqua=vitie;

Take it allways warmed both morning & eueninge, a spone
full or two if you be infected & sweat three vpon a little
if you be not infected then take halfe a spoon=full thereof
morning & euening during the time of infection; vnnder
God trust to this for there was neuer; man; woman; or
Child that this euer deceiued;

A recatte how to make almond cakes

To a pound of almonds, one pound of suger; & the whites
of -4- eggs; & a quarter of a pound of flower & sume
rose water; then beat them til they rune cleare
putt them in to plates or casers & soe bake them
for suger cakes;

Take a pound of suger; & a pound & halfe or two pound of flower; halfe a pound of butter & one egg a little rose water & a quater of a pinte of creame then beat them as in the other cakes

for Bisketts cakes

Take a pound of suger; & a pound of flower; & eaight egges a little caraway=seeds & a little rose water
Take an ounce of termarrek &: the wayte of any cithene pence of granes; & halfe an ounce of licorish the wayte of two pence in saffron,

To make Pepper cakes for the stomacke

Take the weight of two shillings nine pence of blacke pepper; as much of white: & as much of longe pepper and the weight of fippince in ginger & as much of time the tops when it is blowen; these must be beaten to powder; & scarce them take a pound of suger putt therein isope water & candy your finger with it then putt them all into itt,

for conuoulechin fittes

Take some allcarmies berrys: & beate them to fine pouder; & give as much as will ley one a six pence in any thinge the child will take best;

To picell Broome buds

Putt them into sallt and vinegar soe let them ley two months to take away the rawnisse; then take the pickell and boyle it very well; & skume it cleane then putt the buds in & give them a walme & when they are could putt them vp soe you may keepe them two yeares

for heate of the Backe

Take red=rose water; boores grece & the oyle of sweete
allmons of ech a like quantity and sture them well to
gether then warme itt & anoynt your backe with it
morninge and eveninge by the fier;

for Conuoulchin fittes or the fallinge sickness

Take allcarmies berrys & beate them to fine powder take
the pouder of a dead=mans skull of each a like quantity
and mingle them together; then take a spoon=full of this
pouder in halfe a pinte or a pinte of the strongest alle
you can gett drinke it in the morninge & fast one
hower after it, then take sume broth that hath cowslip^es
flowers boyled in it; take this three morninge together
then rest three; due soe till you haue take it nine ^thrise times

To make A drinke for them that are troubled
with the heate in theare hands & to open the liver

Take a kittlell of runninge water; and a good lap=full
of buglass; & burage; boyle it halfe away then take out the
earbes and putt into the liquor one pound of resons in the
sonne stoned; one pound of damaske pruens; one pound of
currance; boyle all these well togather then pouer it outt
freutt & all into a pipkin; take two spoun=full of it euer
morninge; freutt & all and att - 4 - in the nowne & att
night when you goe to bead,

for a pinne and web in the eye

Take a good quantyte of ground eiuy it groeth one churches
stampe it & straine it take as much of the ioyce of dayses roots
wipt clean with a cloth; if it be to sharpe mixe it with brest
milke put in one drope when you goe to bed & in the morninge
one drope this will help it in - 3 - or - 4 - times

To take away a whitt scald

Take one halpeny=worth of brimston; and as much fresh
grease; as a wallnutt, & two spoune=full of fastinge spitell
beatt the brimstone as small as you can you must warme
it one the fier butt not mellt the brimston & dres it twise a
day & keepe the cape that is next to it a quarter of a yeare
for the maynge or itch or scabbe
of horse or doge

Take a quarter of a pound of tobackow stalkes & boyle
them in ureinge a good whille then wash them with it
warne & lette the stalkes stand in it you may boyle the
stalks as often as you will tell you find it be well;

To take away the frecekels

Take sowes milke & wash your fase with it night & morninge

To make conserue of wormewood

Take two ounces of wormewood and -8- ounces of suger
beate it very small then putt in your suger by sume
and sume as you beate it; and soe pott it vpe

for the watringe of the stomacke

Take sume rue and drie it in an ouen then take
of that pouder & the pouder of ginger a like much
putt of it in to a fige & an e-eate it euery morning

of mistris weekes

A most excelent aproued water

Against the Plague; burninge feauer; surfett small pocks or
mesells; if striken in ward; vsing 2. spone=fulls att a time
for ech of theis viz: this receipt is best made in may lune
and fulife if for a childe one spoune=full & halfe is enough
Take saige; rosemarie; worme=woode; rue; sallandine; pimper
nell; scabies; egremonie; balme; of ech of theise one hand=full
and of rose solis one good=hand=full; take alsoe form the
Pothecarie halfe an ounce of gentin=roots; halfe an ounce of
turmyntell=roots; and halfe an ounce of angelica; pound the
roots very small & wash all theise herbs together in cleaine
water & swinge them drie; then shridd them small & distill
them all together in one gallon or fiue quarts of white wine
vse like wise of this water for a man diseased sixe spoune
fulls att a time & if the disease be hott qualifie it with two
spoune=fulls of cardis water & for children -2- or -3 spoune
fulls this if stilled in a rose water still butt if in a limba ck
then the preporchine aboue writen;
A Receit how to make surfett water;

Take dragons; angelica; worme=woode; mug=wort; rose-
mary; cardus; egremony; skabius; bittonie; pimpernell,
salendine; & herbe=grace; take of ech of theise hearbs
a pound : choppe them very small & steepe them in a
close potte with fower gallons of white wine & lett that rest

"fower days then still it as you doe aquavita; & putt
the strongest by it selfe & giue two spoune=fulls thereof
to the party that hath taken a surfett & it will cause
the party to vomite & after the vomite giue thepartie
some more of the same water; your smallest is goof
for children; this water is alsoe very good for a
woman in trauell for child; the child beinge dead
within her it will cause a speedy deliuyery;
when the hearbes are shred they must be stamped
in a bowle & when the water is distilled a little suger
must be putt therein as much as you thinke good,

for to stope the blody fluxe

Take a good skillet=full of runninge water & quench
sume gads of steele in it then putt in to it one
good hand=full of knot=grease; & as much plantaine
seede & as much read=rose leaues & a crust of bread
& one sticke of Sinnaman; boyle this very well and
straine it the take sume - 40 - almons & parch
them one a time; then grinde them as you doue for
almon milke soe sweeten it & lett them drinke it as
often as you please.

To stay the flicks

Take -3- pints or -2- querts of runninge water; 2- spouneful
of rice -2- sticks of sinnamon & a good many pruens boyle
all these to halfe the quantytie take one spouneful of this
att a time with -2 - or -3- of the prunes;

To make one sleepe

Take -2- spoune full of oyle of read roses, -2- spouneful
of read rose water; one spoune=full of whitewine vinegar
one good handfull of read rose leaues crumbled smale
& sume nutt mege grated beatt them all togethether them
lay it one a clothe warme it & lay it one the tempels and
soe goe to rest

To drye neats=toungs;

Take fare neats=toungs & wash them very clean
in pumpe water; take baye salt & pumpe water
and make a rawe brine; putt them in to itt one
day & one night; then take them out the boyle the brine when it is could putt them in & lett
them lye -14- days lay sume thinge one them to
keepe them vnder the brine then hange them vpe
to drye & when you vse them then boyle them in
pumpe water & serue them in could;

for A bruse in the lege or any other parte

make this poultise; take one good hand=full of water
creses; & smalage; shread them very smale putt them
in to sume ottmele & milke & soe boyle them to a poultis
then take a good pece of mutton suett & dissolue in itt
if the skinne bee broken lay one a plaster & this
poultis ouer itt as hott as you can suffer itt

To drawe & heale anye sore
nue or ould;

Take sume alloes beatt & serce it very fine; then mixe
it with sume venice turpentine & with linte make
a tente of it & soe lay it one;

For the illowe iandous;

Take three querts of smale alle putt in to it one good
hand=full of salandine boyle it to one pinte & an halfe
then putt in -2- penniworth of safaron & lett it boyle a llitel
then sett drinke of it three morninge togeather halfe a
pinte att a draught warme

for one that can not hold there water

Take a heag=hogge & putt it a liue in to an ouen
when house houle bread is drauen & drye it to pouder & soe giue them itt in aney thing they ake;

for an extreme coude or coufe;

Take elicum=paine=roots; scrape them very cleane then lay them in water three days shiftinge it euery day then boyle them in fare water very tender then pound them in a morter & straine them thorou a hare siue then take sume honey & clarrifie it with the white of an egge then mixe it with your pulpe & soe take it ofe the fiere & keepe it for your vse

To stope the whites:

Take one quater of a pounde of sweete almons bleach & beate them very smale then boyle them in halfe a pinte of read wine very well then drinke it in the morninge fastinge very hott with oute any suger

for the stone in the kidneyss;

Take one spoune=full of honey and putt it in to a pinte of alle warme it & soe drinke it ; doue this as often as you shall fine cause

To make your hands white & softe

Take one pound of bitter almonse & beate them very smale; take halfe a pound of figes & picke outt the seedes and beat them very well; then beatte them togeather make it vp in bals or rouls; & soe keepe it & when you vse it take a little of it with a little water & soe wash your hands

my mothersA medicine for the wormes receivite

Take of wormewood one hand=full; of sentrye =2= hand; fulls; of Cardus=benedictus =3= hand=fulls of rosemary; flowers :3: pugills; of Cloues grossly beaten =3= ounces; of Nutmegs =2= ounces; of great=mace; one ounce; alloes
halfe an ounce; steepe all these in 3 quarts of the purest malmesey; 24: howers: the vesell beinge some narrow mouthed Pipkin glased; then still it with a softe and sweet fyre accordinge to arte in a glasse still

The use of this water;

Take one spone=full of the water; putt therto one spone; full of the iuyce of pomegarnate; for lake of that; one spone=full of iuyce of lemon; for lake of that one spone full of iuyce of oringe; for lake of that take a good halfe spone=full of vineger; & to every one of these, exceptinge the pomegarnate you must put the quantitye of a hassell nutt of suger candý; if you haue it beaten in to pouder; if not in stead there of fine suger beaten in to pouder; & one sponefull of smale beere; stirr them well together; then lett the partie drinke it in the morninge fastinge & faste 3 howers after & this doe for the preventinge of worme in Children; butt if the partie bee sicke of the wormes all ready; then 3 howers after the takinge of this fore said medicine; giue the patient a glister made as followeth;

the glister;

Take :3: Quarters of a pinte of new milke; put there to; 2 great spone=fulls of course kitchin suger; 4: spone=fulls of sallett oýle; halfe the yolke of one eggs; & as much white sallte as an hassell nutt; stirr all these well to gether & make it vpon a chafinge=dish of coales blood & warme; put in to it the glister bagge & soe giue it this you may use =2= or =3= mornings together the water giuen first & the glister after; as is before declared; if you see ca³use; & note the this fore saide proportion is ment for childrne vnder the age of =8= or 9= ýeares; if it be for any of elder yeares make the proportions larger as in discretion shall seeme best vnto you;

To cure the Cough of the tongues or any other cough;

Take of isoppe water distilled one wine quarte; of the best licorrish =2= ounces slice it thinne; then take one ounce of aniseede bruse it & put both into the isoppe water; & steepe it =4= howers; then boyle it in a pip kine one the fier untill halfe a pinte be wasted
then take it & straine it; put to the liquor halfe
a pound of white suger candy & as much suger
penydize boyle it till it comes to the halfe, one
a soft fyer & it will be a sirroppe then keepe
it close couered & soe take of it morninge euening
and after dinner, 2= good spoune=full at a time,
mistris N. perce

To make A: Cake

one packe of flower: and: 5 pound of corrances;
2: ounces of mace; one ounce of nuttmeges; one pound
of suger: one pinte of rose water; or one pinte of
sacke: 4: pound of butter; melt it in milke pretty warm
one querte of east; one pound of almons beaten very
smale with rose water; to ise it take halfe a pound
of lofe suger; with =3= white of egges; bete it =3= or :4:
houers; you must spread it one with a knife;

Mrs Alice
wilifford

To preserue Pipins betwixe Christmas and ester;

Take your farest & clearest pipins; pare them very thinne and
core them; take sume orindge pill beinge very thinne & lace
your pipins; then waye them; & to every pound; take one pound
of lofe suger; & one pinte of faire water; put your water and
suger together in a skillet & tey your pipins vp in peeces
tiffiny: then putt them in your skillet then sett them
one a quicke fire mekeinge them boyll as fast as you can
when th'ly looke clere; putt in the iuce of tow lemons & lett
them boyle a little while after; if you pleas you may putt
in a little amber=greece & soe put them in your glasses,

To make Cracke=nells;

Take halfe a pound of suger; & one pound of flower; 4: yolk
of egges; & :2: whites; one sponefull of rose water; & sume
anyseedes; & coliander=seeds beten scerced; a peece of butter
as bige as an egg rub it in the flower; make it in to past
then rolle it very thinne & turne vp the edges & pricke them
when they be hardened in the ouen candy them with the whit
of an egge; rose water; & suger sett them in the ouen againe butt lett them not coller;

To make mackromes;

Take one pound of almons; beate them very small puting now & then a little rose water; then put one pound of lofe shuger finely beat & seerced; mingel them well together then sett it a whille one a chafin=dish of coles, kepeing it stored; then beat =3= whits of egges with burch to a froth; then put them to your stufe & lay it one your wafer sheetes in fashione as you pleas; then scerce some suger one them & sett them in the ouen lett them rise a little and coler then take them vpe;

To make biskett of rise

Take halfe a pound of rise beaten & scerced; & halfe a pound of fine flower; & one pound of suger beat and scerced; then mingell them together; then take - 8 - egges yolks & whites & beate them well with burch; then mingell your flower & suger with your egges; then put sume amber=greece; & colander=seede; then butter your scasers & your ouen beinge hot put your stufe into - your scasers & scerce sume suger one them & set them in to your ouen;

To make suger cakes

Take one querter of a pound of almons beat very fine & 54: yolks of egges; 4: spone=fulls of rose water; one one spone full of mace finely scercett pound one pipone full of mace finely scerced & one querter of suger finely beaten & scerced one pound of butter; & as much flower as the butter & other things will wett; make it in to past; & role them out & cut them into cakes & bake them for your vse;-
sinnamon; then take as many egges beat as will wett it
and make it vpe like egges & put a dart in the midest
of them & lay them in the pye; with butter & sume dryd
plomes; then take some white wine & suger & butter &
pouer in a little before you drawe it

To make a cabige pudinge;

Take halfe a pound of veall & shred it with tow pound
of suett very small; & tow grated nutt=meges; with a pret’y
quantity of peper & salt in it; take as much cabidge half
boyled as will ly vpon a scaser; then take :7: egges &
beate them & mingell them together & make it pretty stife
like a pudinge & put it in a cloth & boyle it to houers

To make a creame dish;

Take one pinte of creame; if you will haue the curd white
take the whits of the egges & boyle with your creame; if you
will haue it yelow take the yolks & boyle with the creame
till it cumes to cords; with boyled creame & =3= dats a little
marrow; put in smale peces of almons; rose=water; nutt
mege; & suger; this you may make to be baked in moulds
or to fry, or a florentine;

A receite to make naple biskett

Take -6: egges; whits & ýolks; beat them a little; one
pound of lofe suger beaten & scerced; strow in your
shuger by little & little in to your egges whilst one
beats them; take =3= querters of a pound of flower
well dryed in an ouen; & beate in that by degreese
as you did your suger; then put a peece of butter in
a cloth & rub the pannes & put in a few carrawais
seede & putt them out; sett your ouen be hott enoufe
for manchet; thy will soddenly be baked take them
out of the panns as fast as you take them out of the
ouen when your things is redy thy will be beaten
whilse the ouen is a heatinge

To make suger caks

Take =3= pound of flower & one pound of suger and
mingel it together with a little mace beat; then
rub in as much butter as will make it in a past
you must take same pains in moulding it together

To make sirrop of violats the best way;

To one pound of violats take a quert of water
picke your violats & bruse them in a stone morter

and have your water reddy in a puter pott & put
some times a sponefull of water to them; then sett
your water one in a skillett & when it blubers redy
to boyle putt the brused leues in to the puter pott & put
the whott water to them; shut the pott close & sett it
in the chimeny corner foure or fiue howers; then
straine the liquor from the violets in to a puter dish
or bason & sett it one a pott of seethinge water & pu't
to euerie pinte of this liquor one pound & three
quarters of suger & serce it uery well & when it
tis thicke as sirrope take it of & when it tis cold
put it in to your glases;

To make a sacke possett;

Take one pound of almonds beate them very small
with as much sacke as will keepe them from oyling
then take one pinte of creme put your suger into
it sett it one a chafingdish of cols till it be redy
to boyle; then put in your almons sturringe it very
well soe serue it to your table;

To make a sillibub,

Take a pinte of renish or white wine & a quert of
thicke creame & putt them together in to a cleane
erthen pane & seson it with suger & put a sprige
of rosemary in it & pare of the pill of a lemone
& put it in hole in the pane with the creame if
you like the tast of the pill put that in to it soe
mingel all together; then take a white burch rod &
beate it very well together then as the froth riseth
take it ofe with a glasse or a siluer ladle with hols
put it in to your sillibub pot as fast as it riseth till
your pot be full then if you pleas you may eate it vp
To make an almone costerd

Take a quarter of a pound of almonds beate them very small putinge now and then a little rose-water to keepe them from oylinge then putt them to a quarter of thicke creme & swetten it with suger then sett it in to the ouen halfe an houer if it sticke not to your knife it is enoufe;

To make Ice & Snow of Creame

beate a quarter of a pound of rice very small & scerce it & boyle it in a pinte of creme; till it be enoufe season it with rose-water & suger putt it in the dish you meane to eate it in; then take new milke & when it hath sod putt it hott in a pane & couer it close & lett it stand = 24: hours then take of the clouted creme; strew suger upon & fore said ice it sprin kell then lay your clouted creme vpon it sprinkell it with rose-water & suger; then take the creme & beate it with birch till it comes to be froth; then take the froth off with a spone & lay it one your clouted creme just be fore you send it in

To make snaile water the best way

Take :2: gallons & a halfe of the strongest ale you can gett & a gallon of sacke; then take a pecke of gardenshel snailes & make a fire of char cole & when it is fully kindled make a hole in the midst of the fire & putt in your snailes & lett them rost as longe as they continue hisinge; then take them out of the fire & wipe them cleane; then bruise them in a mortar & put them all in the wine & the alle; put -8- ounces of hertshorne; - & -4- ounces of cloues; brused in a mortar with -2= good hand=fulls of angellico with leaues & stalks & as much of sallendine; & -4- hand=fulls of rose mary=flowers; & a good=hand=full of barbery-barke shred all these pretty small; & putt them in the morninge in the limbecke stoped close with rye past

then distill with a soft fire it will still a quarte at the first runinge; which keepe by it selfe & a quarte at the second runinge which will be all most as good as the first; & a quarte at the -3- run
inge; this is good for a consumption or any kinde of weakenes; taken morning & euening or at any time

A Receipt to make the Gascoyne poudre

Take of prepared pearle; & corall; white amber; Crabs eyes; harts=horne; of each a quarter of an ounce; of the blacke tips of crabs clawes one ounce & a quarter let these things be finely powdered & searsed 12 grains of beasor; then make in to balls with jelly of harts=horne; & lett them dry; the crabs eyes are to be had att the Apothecaries you must in fuse sume saffron in the harts=horne jelly; it must be taken first & last in some good liequeor if itt be taken vpon procuring sleepe it is best taken in cowslip poiffit ale you must take 10- or -15- grains at a time if you take it in a morning you must fast an hower after; take it for -3- daies to gether; when you make your balls you may guild them if you please

To kill the itch

Take one penny=worth of wood bittony & bruise it in a morter, putt it in to a pipkin with one pinte of white wine couer it close & sett it in the embers till halfe be consumed then take it of & putt in to it the quantitye of a wallnutt of allame or as much flower of brimstone; & soe wash with it & rubbing you with the earbs & lett it dry of it selfe;

Another for the same

Take halfe an ounce of sulpher viney finely beaten; & -3- or -4- ounces of oyle of bitter allmons; beate them very well together & soe rub it one your wrists or where you itch

for those that are gald with

rionsing or aney other ac\textit{c}itidavite
Take a coumphonyroote & scrape of the
blacke then scrape it on a piece of leath
it will spread like salue soe lay it one the
part greued; it will ly one till you are well

Aquamiarabulus water:

Take -3- quarts of white wine; one quarte of
aqueuitie; one pinte of sallendin iuyce; 2-
hand=fulls of millilot shred fine; then take
french gallingale; Cubibus; Cardimoman; settwell
rootes; ginger; cloues; mace; nutmegs; 2- ounces;
bruise the spices & putt all into a stillitory of
glasse & lett it stand all night & in the morninge
still it with a soft fire as you can; this water
is of secrett nature it restoreth the longs beinge
wonded of perished; it mightily healeth; it suffer
eth nto the blood to putrify; butt it multiplieth
good blood; it suffereth not the heart to burne nor
beat nor malone=cholly to bee left or to have d
dominion; it expelleth winde; ruhme; phleme
preserueth the stomach; it comforteth & keepeth
the visage & memory it destroyeth & palsy giuen
to man or woman labouringe to death one spoone
full in the sumer; & winter once or twice a weeke
fastinge the smalest for a child it is good for
a Consumption;

To make a quackinge puding

Take one quarter of a pound of almonds; blanch
them; & beat them very small with rose water then
take one pinte of thicke Creame & -4- yolks of
eggs; & one handfull of flower; seson it with: rose
water & suger then wett your cloth & strow
sume flower on it to keepe it from stickeinge
when it is boyled serue it to your table with
butter rose water & suger;

To make a furmytie puding

Take sume whete beinge boyled; & grated bread
& Creame fiue or sixe yolcks of eggs; befe suet
suger; rose water & nutmege; soe bake it and
serue it to your table 
by mistris 
Anne Corbett

To keepe the face smooth

take one ounce of oyle of sweete almonds; & put it 
over the fire till it bee hott; then put in halfe a spone-
full of venis trupeintine; & lett it melt ouer the fier 
then put in the breadeth of sixe pence of vergens wax 
& lett it stand on the fier tell it is scallding hott 
to take it offe & put faire water to it & beatt it 

very much; so put in freish water seuerall 
times in a day & beat it stiff for three dayes 
& then put it in a gally pott for your vse 
you must not wash your face with water

To stay a Loossenes;

Take a pint of milke thicken it with 
a manchett gratted then toste a nutt=meg 
grate it & put it in to the milke and 
boyle it so giue it without suge 

To stay A Loosens;

Take one sponefull of sallet oyle & 
make it thicke with suger take two 
peny=worth of saffron dry it & make 
it very small mixe it with the oyle & 
so give it to the pateint;

For the emerods or Pilles

Take a pint of new milke & 2 good handfulls of chamomille 
boyle it together then put it into a close stoole pann and 
sett ouer it as hot as you can suffer it when it is cold 
heate itt againe doe so three or fower times & at the last 
take a stoole vpone it & then vse the oyle of mullet & 
Lay one the leaues doe this till you are well
This vnder God will cure any Consumption
or Cough of the Lungs;

Take a handful of the topes of rosemary & boyle it in 
quarte of faire spring water; till halfe the liquor bee 
consumed then strayne it & putt into the said liquor a 
quarte of the best white wine you cann get then take a pen
ny=worth of cloues; a penny=worth of mace; & the like 
quantity of cinnamond; & likewise of ginger; all these 
beate into fyne powder & then putt them into the saide 
liquor put it to the fire & seethe it gently togather then 
take it ofe the fire & putt there vnto halfe a pound of the 
best shuger; then putt it into a stonne bottle & stope it very 
close; & after three dayes take three or fewer spoonefulls 
every morninge & evening going to bedd; before you drinke 
there of shake your bottle; you are to drinke it could

To make a butter to Curle
the heare

Take one quarter of a pound of freesh butter and 
clarifiye it & scume it cleane then putt into itt 
halfe an ounce of sirrope of rosses & :2 graines 
of Ciuett & so beat them well to gether and 
putt it in a pott so keepe it fore your vse

To make vin-veriuce of grapes

Take vnripe grapes; prese out the Iuice & put it in white 
fruite disshes & in the bottome of every dish putt a grain 
or :2 of allum. so sett them in the sunne till the liquor be 
dried almost away & only remaine a thick substance 
like conserves of roses which take out of the dish & 
putt it into a gally pott & keepe it close stoped for 
your vse: this with last aboue :7: yeares;
the quantitie of a pece is enough to season a dish with al

To stopp a Loosenes

Powder of ruburbe :3: dragmes made vp in pills 
with a little conseruse of roses;
To preserve damosens

Take their weight in sugar then cut them cross the top and cutt of the knot at the end of the stalk then put the juice of sum stewed damosens wett the bottom of your sugar then putt in your damosens strew one the rest of your sugar boyle them gently & close couered till they are tender then boyle them a pace & scum them as it doth rise when they are enough put them upp in galy potts

an other waye

with their weight of sugar make a sirrope & put in your damosens & so boyle them till they are enough

To make lumballs

Take fine flower sugar the whites of eggs rose water & warme creame make it into a little past then mould on sum carroway seedes whole nor coriander seedes beaten cast them in knots & bake them one flowerd papers or tinn plates;

for a purge

Take halfe an ounce of secene; a quarter of an ounce of polipodium an ounce & halfe of currans a quarter of an ounce of liquorishe & anniseeds boyle these in a pint of faire water till a quarter of it be boyle a-way & when set vse it straine it & drink it warme

A receipt for the Gout

Take white mullen three handfulls; pigeons dung dried & the strawes pickt from it a handfull & halfe beate first your dung well in a mortar putting by little & little the best wine vinegar; then putt the mullen likewise beating them together; at last adde sasprunela one ounce; one drame of the best oyle of peter mingle them well together spread it vpon a double cloath & apply it to the place greiued repeat it as often as it growes dry;
To take Pocke holes out of the face

Take of the :4: cooling seeds; vix: of mellons; gourds; cowcumbers; & pumions; when they are pickt & clensed from the husks; of each halfe a pound of white poppy seed :12 ounces beate them exceeding well in a cleane marble morter & then presse out the oyle by little & little that it may come cleare; to euery ounce of this oyle add halfe an ounce benn newly drawne; when the oilis are well mingled weigh them & for euery ounce of this oyle take a dramme of pure white wax; melt the wax with an exceeding gentle fire enough to melt it & whilst it meltheth ouer the fire lett there bee a little quantety of the oyle mingled with it to keepe it thinn as soone as it is melted put it instantly into the morter that being a little warmed then stirre it extremely with a pestle as it vere grinding; & be still dropping in a little & little the oyle till all bee sure to be grinding it with the pestle all the while & afterwards continue working it vntill it bee growne to that consistence & thicknesse that you like then beate & wash it with rose or orange flower water pouring it of and washing it with fresh;

A receipt for the scurvy

Take halfe a pecke of scurvy grasse; of brooklime & water cresses of each fixe handfulls bruse these & a handfull of worme=wood not brused a fewe hopps boyle these as long as you would hopps in six gallones of worte sett all a coolinge in vessells for purpose being cole enough put the barme there vnto & hauing wrough strayne & tunne it vpp when a weeke is past drinke there of ordinarily

To make boyled pudding

Take halfe a pint of creame & a pinte of mile & a bitte lett it boyle; then take :2: penny loaues & slice them thin & lay them in a dishe & poure your boyleing milke there on soe lett it stand couered till the bread be soft then breake it with your hands & put it in a little salt & sugar & :3: spoone fulls of rose water & 5 yolkes of eggs & :3: whites and a handfull of raysons & :3: quarter of a pound of beefe sewett shred it very small & a handfull of flower then tye it up round & lett it boyle :2: houres; then take
white wine & butter & vinegar & rose water & sugar beate
them well together & put it upon the pudding

An other pudding

Take a lambes ptenance or a calves gather & boyle them
together then let them stand till they bee could then shredd
them with beeve sewett as small as you can possibly then
take cloves mace & nutmeges beate them very small and
put in as much sweete hearbes shredd very small & a
penny loafe grated then mingle them all together with your
hand with :2: or :3: sponefulls of rose water & as much
sugar as will season it & :4: eggs makeing it as stiffe
as paste; then sowe it in a cloath when it is boyled
put upon it butter & verjuce and suger

For a baked pudding

Take a quart of creame then yolkes of :6: eggs beate them
well together then take sugar salt & nutmeg seson it
to your taste then take sippits & lay them all over the dish
bottome lay upon them arowe of raysons then arowe of
marrowe cutt in smale peuce vpon them an other rowe
of raysones & sippets as before then outt sippets
like dice & poure your creame thereon;

An other

Take :4: eggs & twoe of the whites one peny loafe
of bread grated one pound of sewett salt rose
water sugar nutmeg and bake it;

To Bake a rump of beefe

Take a rump of beeve & season it as you doe venison
& bone it then take a pint of clarret wine & a
pint of water a bundle of sweete hearbes a hand
full of sugar & :3: onyons put it into a pipkin
put allsoe the bones into the pipkin or else some mary
bones soe close it vp with paste in the oven some :6
hours when you dish it take it vp cleane after
wards putt some of the liquor into it with sops & sippets
To make sarsages

Take *the* quantitie of :2: quartes of sarsage meete yolkes of newelayed eggs halfe a peny loafe grated seson it with pepper & salt cloues & mace when it is sesoned fill a little sarsage to try *the* fatt of *the* chines the best; after it hath havnged :3: dayes in the chimney

To make *the* best sarsages

Take to *the* leane of a legg of a porke: 8lb of beefe sewett 18: eggs :2: ounces of cloves & mace mingled togather 2: ounces of pepper & hangfulls of sage mince *your* porke & sewett very fine *then* breake *your* eggs rawe & mince *them* together seson it with salt & put *them* into hoggs guts

To make pudding Cakes to frey

Take :4: yolks of eggs :3: whites & halfe a nuttmegg beate *the* eggs very well *then* put in :2: spoonefulls of rose water & as much sack with grated bread & flower & beefe sewett shreded very fine soe stirre *them* well together with creame so drope *them* into your pan being very hott & fire quick

A delicate powder for the face

Take mountaine Christall in fine powder calcine it in a crucible :3: times & wash it euery time first with rose=mary water secondly with white rose water thirdly with beaneflower water then lay it upon a grinding stone to dry vse it thus first wash *your* face with water *then* rubb it with this powder for it is most excellent

A water to make *the* face redd

Take aquavitie and red saunders in fine powder put these in infvsion for :28: howers when you will vse it wash your face first with faire water then dry it well after wards vse of this water
To make the Anchovian Spratts

Take the spratts wash them & slitt them pulling the guts out
lay them soe prepared one a cloath & rubb them one
by one till they be dryed then lay them to soake in
pumpe water by the space of :24: howers in which time
they will be imbibed with fitt reddinesse cores
pondent to the anchovy of the levant this done pre
pare an earthen vessell well scalded & putt there in
a layer of bay salt thinne strewed one the bottome
then couer that layer with the spratts then a layer of
bay salt & so salt & spratts vpon spratts vpon salt till the vessell
be full. soe lett them stand a day & a night then poure one
them soe much small ale as will imbibe them & lett them
stand soe couered in ale halfe a fingers breadth aboue
the fishe twoe or three dayes in the end of which tyme a
yellowe substance will swimme a loft which is the purg-
ing of the fishe skimme that of & add so much fresh
ale to the other which the fish leaue drunke vpp as will
fill the of vessell vp soe farr as to cover the fishe
wholey or an inch or twoe aboue them
then lett them stand covered with a cloth sixe weekes or
twoe monethes & they will equell if not exceed the
anchoviay dissolving in clarett wine for sawes or
any other vse by themselves with vinegar & oyle & as
the anchoveys are drest forth;

For A Consumption

Take red weed, maidenhaire; scabias & coolts
foote of each halfe a handfull :6: ffiggs; fowre
reasons of the dunn stoned; 6: dates as mvch
elicomepane as a wall=nutt a licoryce sticke
breused slice the roote & schre the herbs & the fruite
put itt all into :3: pints of spring water & lett itt
boyle gentlye vntill the one halfe be consvmed
then strain itt & put into itt one ounce of brown
suger candye; keept itt in a glasse; - drinke :4
or :5: spoonefulls of itt warme in the morning
fasting & att :4: a clock in the affter noone;

To perfume Gloues

Wash your gloves in damaske rose water then
spread them for the gently hang them vp to dry then lay them in a linnen cloth folded up :3: or: 4 times double being dry lay them :2 or :3 dayes in dryed rose leaves; then take civett oyle of almonds & muske all well ground vpon a marble stone & therewith anynt the gloues :3: or :4 times stretching them out with all then take sandaver mixed with amber greece & strew the powder vpon them & lay them in a paper or a box.

For to pickel ploms

Take your plomes before they be ripe a weeke or more before Saint Iamses tide lay them in a glase betwene euery lay of plomes strew some salte when the glasse is full of plomes put as much white salte wine vinegare as will couer the plomes then lay a paper one them & a treancher one that & greate weight or a stone one that; you shoudl looke some times one them & bee suer that they be couered with vinegar the white wheaten plumes is the best to doe they are good to serve to the table like olifs & put in stued meate this you may doe gooseberryes or barbarys;

To bring beare from sowrenes

Take wheate flower & eggs both yolkes & whites make them a peece of past as big as a peny loafe mould therin a good handfull of bay salt then by little lumps cast the same into a hogse=head of sowre beare & rowse it well & then lett it lye then last of all put in :20: or 30: oyster=shells cleane washed & shortly you shall see the beare worke as if it had neuer bine turned & within 4: dayes bee perfect good againe;

For the Dropsey;

Take :6: cloues of garlicke boyle them in oat=meale and faire water & when it is boyled eate a mese of it euery morning for a moneth togeather;
To know when the sore that is in the eye cometh of heate or Cold;

Take & seeth roses in water & lay them vpon a small linen cloath & lay it vpon your eye & if the sore come of heat you shall feele your eye more sore than it was but if of cold you shall feele lesse paine then you ded before;

For to make cleane hands

Take allom dissolue it in faire water with which wash your hands very well & lett it dry into your hands then take deares or shipes suett & there with anoynte your hands against the fire; vse this :3: or :4: times wh:en you goe to bed & your hands will bee both fire & softe;

To make your hands white

Take Castle soape halfe a pounde; honey a qvarter of a pounde; ireas in powder an ounce; bitter almonds halfe a pound oyle of poppie seedes an ovnce the gawle of an oxe soe mvch as will bringe it in to a paste & keepe it for your vse; you must take of it & rubbe it one your hands so wash with water

To make Black Inke

To a pinte of watter put twoe ounces of green copris/ galls breake them in little pceces one ounce of greene copris one ovnce of gumb ara back a pcece of allum about the biggnes of a haselnutt if you wuld have it shine after it is writt w:ith put suger into it;

To make Readd Inke,

Take one ounce of brazell & a pine of watter halfe an oucne of pare=tree dumbe boyle them all together till halfe is boyled away & in the boyling out a little white
For A Burne or scald
Ianne Ianner it taketh out the fire & healeth

Take a greate lape=full of grounsell
stampe & strayne it & put the ioyce
into barrow hogs lard & lett it
melt jentely one a softe fier
then straine it into a pott & keepe
it for your vse; you must warme it
& dresse it with a feather

A poultis for anye swellinge
all though the bone been broke

Gooddey Cotes or out of Ioynt

Take a pint of mike the crume of white bread
& a little saffron boyle it to a poultis then
put in sume oyle of Roses so applye it
hott changing it as you see cause;

To pickell Elles;

Take greate elles & rvbe them with sand then skinne them
as hole as you cann take out the gutts & wipe them
clenne then put one the skinne againe turne them round
& tye them as close as you can there heads being with
in then put as much sallet oyle into a frying pan
as will cover them then put in your Elles with there
belley downe & tvrne them vp & doune till they bee
enough then take them vppe the next day make pickle
for them take as much vineare as will cover them & put
in as much saltt grose pepper & bay leaves as will
make itt a strong pickle then boyle it & when it is
could put in your Elles then power one your pickle &
leaves tye it vp close with a cloath & lay one a
bord; your oyle will keepe a month to frye more
Elles in your rest

To stew-sheeps troter

for one pare take a quarter of a pint of vari
varges a quarter of a pound of butter and a
quarter of a pownd of Corrances one spoonefull of sugar & a little large mace & soe stwe them this is for calues feete for troters leave out the corrances

To make tripe Peys

Take the rowle of trips picke ofe all the fatt & scrape it 1 pound as much beefe suett & as much many Corrances; shread the tripe & suett as small as you can then put in the Corrances halfe a pinte of varges Cloues mace & suger to your taste so fill your pey in one houer will they will bee baked.

or Convolchen fetts
Fin yong Children

Take the houf of an Elfe it is a best that lives in the mountaine & hath tenn claws vpone one foote one of those clawe must bee rasped and maide in to very fine pouder; then take the poudere of a dead mans head that hath binn washed very cleane in water & dryed in a window then beate it to very fine powder; the after burdern of a yong woman hur first child; it being of a female you must dry it in a pott close couered in the oven & beate itt to fine powder; mixe these three powders together equally & some leafe gold rubed betwene your fingers; giue as much of these powders as will ley one a groat in one spone=full of sirrope of peyoney & cowslipe water it must be twise so much water as sirrope & shake it in the glase toghter giue this in the fitte and an hower after as much more so till you have taken :3: of those papers; lay a plaster of metharadat & nutt=meg one leather to the stomack; & make tow little bags of saffron to lye to the arme pites & anoyn the temple the nostrels the palmes of the hands the sowles of the feette & the raines of the backe from the nape of the neck to the bottom of the bone with oyle of amber & put a neck=lace about the neck of peyoney seeds then after give one paper of this powder in the morning & at night as much
of the other powder which is maid with the hoofe; white amber corall & lefe gold of equall proporssion of this as much as will ley one a great in the sirrope so doe till you have given three papers a peecce then rest as you find cavse but against the chaing of the mone giue three papers of each powder & giue the sirrop at anye time one spone full at a time

For A man or a woman

of the falling Sicknes

Take a pottle of water a quarter of a pound of reasons of the sonne stoned as many figgs sliced an ounce of

anney=seedes halfe an ounce of corriander seed an ounce of sweete fennell seed halfe an ounce of poyeny seed: 2: good rootes of peyoney :2: or: 3: roots of marsh mallow & as much fennell roots the pithes taken out slice & beate them by themselves & the seedes being beaten put in one handfull of greene rew & boyle it to a pinte and halfe then straine it & lett it settle & put it in a glass throw away the bottom of it & put the other in a glass; giue as much of the house as will lye one a groatt or sixe=pence in one sponefull of this water & :3: or: 4: spone=fulls of it after giue it so for :3: howers toga ther then rest an hower as you see cause if you can giue it in the fitt it is best

mistris
purifoy

To Keepe Damsons all the yeare to bake in tartts;

to halfe a pecke of damsons take :2: pound and halfe of shuger pick ofe the stalkes & strew
sume suger in the bottom of an earthen pott
then put in damsons & then suger till you
haue put in all & fill your pott heaped
atop couer it with past & sett it in to an
houen then two monethes after boyle vp
the sirrop with halfe a pound more of sugar

My Cosen
Elizabeth Bury

How to make an Exelant
White Pott

Take a quarte of Cream, put it ouer the
fire to boyle, season it with nutt=meg
sinnamon; suger; sacke & rose=water
the yolks of :7: or :8: eggs beat your eggs
with sack & rose=water then put it into
your creame; stirr it that it curdle not then
pare tow or three pippins core & quarter

them & boyle them with a handfull of reasons
of the sunn boyle them tender & poure them into
a cullender; then cutt some sippets very
thinn & lay one some of them in the bottom of the
dish & lay on some of the sappets & reasonn halfe your milke then lay one
more sippits & the rest of your appls and
reasons then poure on the rest of your milke
bake it, scrape on suger & serve it in
Elizabeth Bury

How to make a Lumber Pie

Take :3: or :4: sweett breads of veale
parboyle & minc them very small and
then take the curd of a quart of milke
turned with 3: eggs; halfe a pound of
allmond paste & a penny loafe grated
mingle these togather; then take a spon
full of sweett hearbs minced very
smale also :6: ounces of orringado
mince it & then season all these with a

quartern of sugar & :3: nutt=megs
then take five dates & a quarter of a
pint of creame; 4: yolks of eggs :3:
spoon=fulls of rose=water, 3: or :4:
marrow=bones; mingle all these to gather except the marrow; then make it vpp in long bales, about the bignes of an egg; in every bale put a good piece of marrow put these into the pie & then put in a quarter of a pound of butter & halfe a sliced lemon; then make a cawdle of white wine sugar & veriuice put it in when you take your pie out of the ouen you may use a graine of musk or amber=greece;

To make A Glister

to coole & keep ye bodey solable after a feaver
Take oine pint of milke :3: ounces of corse suger & a drame or two of anney seed boyle it & soe giue it;
Elanor
Herring ,

For a Reum of Salt humor
in the Eye; that makes it raw

Take halfe a peny=worth of roch allum and one pint of water boyle it all most halfe a way and wash your eye with it

For a quarten ague

just bee fore the could fitt take seuen drops of the oyle of vittrall in a glasse of sacke and goe to bead and sweat vpon itt,

For A Quarten agve;

Take loine ^of awall & :2:or:3: heads of garlick and make it moyst with whit wine vine=gere beat them to a plaster and spread it one a cloathe soe lay it to the soules of the feete befoure the fitt for three fitts;
For A Quarten ague

Take one pen=ney worth of saffron
& :2: or :3: cloves of garlocke pill them
& beat them to a salve spread it one
a cloath & bind it to the finger next
the little finger of the left hand
before the cold fitt

Mistris Cumberland

To make Respas vine

Take halfe a pinte of Clarett wine
put in halfe a quarter of an ovnce of
ovres roote slice it & when it is to bee
vsed put in :2: or :3: spoune=fulls of
this in to a bottle of wine & it will tast
like to respas;
Ianne Taner

An oynment for aches; bruses; Colds
stitches Lamenesse palsies & Cramps

Take of sage & Rue of each a of each a pound of
wormood & bayes of each three quarters of A
pound of sheeps=svett cleane picked three
pounds; all these must be stamped together
vntil none of the suett be scene but seeme as
all one then put to it of oyle of ollives the best
one pottelle & worke it with the rest together
with your hands; then put it in a earthen pott
well leaded & couer it close so lett it stand

Eight dayes in a seller & then take it out
being mouldie & breake itt into a brasse
pan & make a soft fire vnder it all
wayses stirring it vntil the herbes
waxe crackling then take it ofe & lett
it coole a little then straine it & put
into it one ovnce of the oyle of spike
stvr it togather; then where the greife
is anonyt the place warme;
An aproved Medis^ sen it is to be made in may
Mistris Anne Corbett
The Lady Croones Pomatum;

Take lambes caules hot out of the lambe & cast them into spring water & there let them ley :9: dayes shifting them twice every day then drenne away the water & dry them with a cloath then poure vpon it marcury water halfe an ounce to a pounde of the caule letting it ly in a day or two; all soe take

mersh=malow roots white lilly roots that growes in the water here=bal roots; to euery pound of caule to of theese roots scraping and pickeing them cleane letting them ly in water one night then beate them in a stone morter prety wall all soe take a quater of a povnd of bitter almones blanched & beatt them well then take one lemon or tow; one pome water apple pared & sliced in halfe; an ovnce of camphire after the almonds are beaten heate your morter & then beate the camphire & mixe all theese togeather; then take a new earthen pipkin that is well leaded and seasoned put in all theese ingredients couer it & paste it vp sating it in to a kettle of hot water & let it boyle :4: or :5: howers keeping the kittle still supplied with hott waterthen lett it runn through a fine strainer into shallow erthen dishes letting it stand soe all night the next morning cout it out & picke it couting it in littile peces put it in to the pipkin being made cleane put togeather with it to every pound of the caule halfe an ovnce of spermecety & as much swans grease as an egg an ounce of virgins wax set it in the kittle for one oure then pour it in a white bason with may due & rose water a quater of a pinte of each :6: drops of white amber & :6: of spoyle of cloves; you must melt itt

with a little more spermecaty & wax & :2. spoone fulls of aquevity & soe dipe your forehead clothes and your gloues, Probetvm;

mistris saywood

To make Redd Cherry water
Rend
Take 4 pound of cherries & pull out the stones
4 pound of sugar; 2 ounces of cinamon
1 dram of cloves: 1 dram of mace; all your
spices finely beaten; to every pound of
cherries a quart of spirits or brandy wine
put them all in a bottle & glasse together close waxed
let it stand in the sun while towards
michaelmas then strain it out into bottles
& put in 2 or 3 of the cherries in to every
bottle stop them up close & keep them for use

To make Poppy water to mixe
with Cherry water:

To a bushell of poppies: 2 peniworth of
pimpernel; one porringer of sacke: strewe
the sack upon it as it stills then mixe halfe
this poppie & halfe this cherrie water to
gather when you use it for a surfeit give
a good claret glass full at a time;

To make a water for the face

Take one ounce of borax; one ounce of white
sugar candy; one ounce of white poppy-seede
one pint of plantaine water; one pint of white
wine; steep your poppy seede in as much of the
wine as will cover them all night, then beate the seedes and
put in a little of the water and wine as you beate them & soe
strain them out; take a dozen of bitter almons blanch
and beate them & strain them with some of the water, then
beate your with boraxe and sugar as fine as you can & put it in
to the water when it is dissolved put it into a glasse
to a pint of the water put in the white of an egg
beaten to an oyle and shackle it very well put in halfe
a pound of pine a plercanalls, beaten & strain your seeds
of poppy often & put in the forthe & all of the egg it
must be new layed;

To make a siment for earthen
dishes or any other thinge

The blacke rosen a quantity & halfe soe much bee
wax then take bricke soe fine as it can be powdered
melt the rosen & wax togeather & when they are boyled
put in the bricke & stur them very well that the pouder goe
not to the bottom then poore them into fare ^ coald water & temper
it well with your fingers; when you vse it warme the
ioynts well & melt some of it vpon both sides & sticke

them close togeather lett them ley till they are
could and the ioynt will bee fast; if alsoe you take
the skles of smiths dust and make fine powder of it
and put it in to itt the simant will bee the stronger

To make Iumbell Churrys

Take to :4: pound of cherrys :1: pound & a halfe
of suger : take halfe a pound of your suger &
strew it a moungets y:our cherrys beinge stoned
then boyle them as fast as you can still sturring
them & when they bee very tender & the liquor
well shrunke then put in the other halfe pound
of suger and soe boyle it againe till it is allmost
enought then put in the last of your suger & soe
boyle and skume it till you can see the bottom of
the panne then it is enough take it ofe & soe
pott it vpe take white corrance picke them &
put them in to a pott & boyle them very well in a
pott of water then straine them to the waight of
jelly take soe much suger & when your cherrys
is almost enought put itt in and boyle it togeather

To Drye Churreys

Take your Churreys & stone them to one pound of churris
take one quarter of a pound of suger soe strewe it one
your churreys & lett them stand all night; the next day
boyle them tender; & lett them stand in the sirrope againe till
the next day & then boyle them againe & sett them in the stoue the
next day dry them in the Sunne upone Sciuers

To make Raspas suger;

Take lofe sugar and serce it very fine; then take your
raspas & mash them & boyle them very well; then straine them and
boyle the liquor againe & skume it very well when it is
scalldinge hott put it into the suger & worke it in till
it be like paste then drye it in a stoue; then wett it with
more of the liquor ouer a gentle fire; where it may dis
solve the suger but not boyle & when it is come to suger
again then stoue it till it is drye, doe so foure or fiue
times; or till you like the couller you must sturre it
all the while you are dissolueing of itt.

To steanch Bleeding

Hould the roote of a nettell in your mouth and you
can loose noe blood;

To make sirrope of snalls
it is good for a Consumption
and to fatten,

Take one packe of gardine snalls; & put to them
some hisope; fennell; minte; & rose=mary; soe
lett them stand all night in an earthen pott &
couer it with a dish the next day wipe them very
clean & pricke them then fill the shills with lofe
sugar & tye them vp in a bagge of tiffaney and
that which dropes is the sirrope;

To make sirrope of Poppey

Picke your poppyes very cleane from the blacke
seeds but not the blacke ends for they will doe
noe hurt infuse them in faire water in a pott; sett
in a pott of water & lett it boyle :3: howers close
couered then straine it; doe soe :3: times; to a quarte
of this liquor take one pound & halfe of shuger
put them together & boyle them a pace & skume it
very well when it is a good thicke sirrope it is
enough you may giue one spone=full to a child
and two to an ellder body;

A Most approved water to helpe both outward
and inward greefs of the eyes; it taketh away
dimmes & all pearles & spots of what cause
soe euer they come;

Take the iuyce of fennill; sallen=dine; rew; eyebright
of each two ounces; the gales of Capones; or Cockes; 2:
drames; of honey two ounces; of allowes, tatia surcocella, of each halfe an ounce; suger candy 6, drames put all into a limbacke & distell in balnes put of this water; 2: drops in two each eye morninge & when you are in bede att night; this is a most proued water;

To keepe hare from fallinge & to make it grow thicke;

Take brann flower; lb 1: sprinkell it with rose=water then drye itt againe in the sonne; or ouer the fire or in the ouen; then poudert itt againe; then take of margarm & sage maid into fine pouder 2: ounces soe with sivet sweetten them when it is made then pouder the hare euery day

To cure obstruchions of the spleen & stiches that are in the brest; or backe the winddynes which striketh vp into the head & the greene sickenes

Take 3 : pints of renish=wine; or white wine boyle in it nyi of the inner barke of an ashe & nyi: of cammadile; 2: nutt=megs sliced boyle it to a quarte; drinke that warne att :4: or :5: mornings; when this is spent renew itt

To bring downe the Reads

Take :2: quarts of white wine & halfe a :lb: of blew Corrances beaten & sume Ellicum=paine roots boyle it two :3 pints. So take it :3: mornings before the new of the moone;

To wash the face

Take :3: penni=worth of oyle of ssweette almonds & allmost the ioyse of a lemmon one quarter of a pound of bitter almonds beaten & strained with a quarte of cundite water put them all into a glasse & shake it when you vse itt;
Mrs Moore

To Make a pea to for an Isheu

Take the powder of spanysh-flyes & ffume rye flower & mixe it with white wine vinegar cold then make it into the bigness of a pea put it in when you goe to bead lett it ley till the next night then put in a whit pea; & this will make it to rune but if you would make an Ishew spread it vpon a picee of leather when you take it ofe put in a white pea & your Ishew is maide;

Mrs Moore

To Make Ioyce of Licorish

Take :l: quarter of a pint of Ioyce of Coullts fouette claryfie it with the white of an egge; then take halfe a pinte of Issoppe water & fower ounces of powder of Lickorisch; put all these together in a skillitt to infuse about an hower but not boyle then straine it thorowe a cloath cleane your skillett againe; put into it fowre ounces of doubell refined shuger & two ounces of white shuger canday beaten fine; boyle all these together stirring them till you can see the bottome of the skillett; then power it vp on a dreser borde & with a sticke work itt till you can make it into littel pills & with your finger that them like a cake; put them into a boxe & lay papper betwene euery lay & sett them warme,

Mrs Moore

To Make Rosmary Cakes

for a Co^ufe

Take one spoune=full of rosmary dryed of pouder of pouder of balme & penneroyall as much as will dye one a sixe pence and 4: ounces of dubbel refined suger in fine pouder put all these togather & wett them with a spone=ful of balme minte or rose water & make them into a past rowse them vp in little pilles soe flat them & lay them before
the fier one white paper to drye & so keepe them for your vse

To kille a whit bloe or a fellen
if it be layed one before
it be broken & it will not breake

Take earth wormes wipe them cleane & beate them
to a salue then mixe them with a little sallett
oyle & dres it twise a day this with out faile
will cuer it & heale in a short time;

Mistris
Adkins

To make Cheese Cakes

Take :2: quarts of Creame or new milke sett it one the fier
with a blach of mace when it boyles vp put in :12: yolkes of egges & halfe the whites being very
well beaten & giue them a walme soe take it from the fier if it is milke you must haue the more egges
when it is cold put in rose=water almonds beaten
very fine & suger & amber greece if you plese & plump your corrances; to make your past
rube sume butter in your flower :2: egges & suger soe make it with milke & it will eate
like pufe past;

Mistris Adkins

To make fresh Cheese

Take :2: quartes of Creame or new milke make it as warme as milke from the cowe take it ofe the fier
put in :3: spone=fulls of sacke & halfe the joyce of a lemmon lett it stand till it is
cume then wheay it through a cloath & mingel it with rose=water & suger put in to your dollfines & lett it stand one hower then turne it out in to your dish with creane so serue it in

Mistriss Adkins
if a woman mise of hur longing
whin shee is with Child

when hur paine is vpon hur take a new
layd eggge & beat it with sume sinamon water
soe giue it hur to drink;

my Lady Corbett

To kille a fistulay
if it bee downeward
it is Cuered with the more case

Take rite verguse & as hott as it can be
suffered wash it but not scald it then
dipe blacke wolles in netts=foottoyle & soe
to mellow it and it will healle it,
you must use a serinces if it be deepe;

Mrs Moore ^

An Electurey a Gainst the plauge

Take a good hand=full of rew & picke the leaues
that it may be a full hand=full when it is picked
shred them as small as pouder then take halfe a pinte
of white wine vinegar :4: ounces of london
treackell & :4: ounces of lofe sugar lett it simper
ouer a fier to the consistance of an electuary
take the quantity of a nutt=meg at a time in the
morning it must bee mayd in may it will
keep e diuers yeares; you may straine it

Mistris More

For the Pillles

if it bee for a man you must take the quantity
of halfe a pinte of the dung of an oppen sow
but for a woman of a barrow=hogg that is
new a pound of sheepes liuer as much mutton
suett & as much fresh butter shred then you
very small then lett them simper ouer the fire
to the consistance of an oyn=ment then take it
ofe the fire & put in as bige as a nutt=meg of
yellow fruncmsence sture it till it is mellted
soe straine it in to a pott when you use it warme it
dip a ragg in it & lay it one it will cuer them

mistris Moore

To make a Black Salve;
it is good for any swelling or
plague force to breake & heale it

Take halfe a 1b pound of rosan; one ounce & halfe
of yellow bees waxe; two ounces of stone pich
& as much hoggs lard sett them one the fire still
sturring it till it is melleted then take it
ofe & whrn it is almost cold put it vpe for vse
mistris Moore

For a fellen ranckell or gangren

Take as much gray sope as rosan & a little
quantitie of beefe suett & mellt it one theFier so put it vp for vse; you must spread
it one a peece of cape paper & lay it a
boue the swelling or gangaren;

mistris
Blackewall

A drinke against the Plague

Take :3: pints of muskedine or ould can
arey put in one hand=full of rewe &
as much sage of uertue boyle it to a
quarte strayne it & put to it :1/2: a pinte
of angillica water stronge :2: ounce of
meteredate :2: ounces of venece treackle
nut=meges & longe=peper al to gather :1: ounce

beaten fine mull it togather ouer the fyer;
strayne it & botell it & take a spone=full
morning & eueninge & sweate vpone itt;

Pestilential Pills; Russus

Take off the best aloes two ounces; choyce mirth
& saffron; of e^a^ch one ounce; with syrup of theiuyce of lemmons make them into a mass;
A Scruple of these taken at night going to
bed is a notable preservative in pesti-
Mistris Purefoy

It is good for sore Eyes; Rhumes pin and webes pr pearles, tis casey safe
and with out paine;

Take a quarter of a pinte of a red=rose water
2: drams of stubivm; beate it very fine
and searse ir then put it into the rose water & lett it
stand 3: days or longer if you plese then strane
it and keepe it for your vse;

Mistris Ackins

For the Scurvey;

Take the rine of a good lemmon & cut it in peeces
the lanth of one ioynt of a finger boyle it in
3: pintes of small alle halfe a way then
take the better halfe & sweeten it with good
life honey the other parte keepe the lemmon
& morning; noone & night take: 3: spone=fulls
of the honey drinke & eury morning rube your
gumes with a bitt of the lemmon & wash
your mouth with sum of the drinke it
must be vsed warme both of them;

Alice Howard

To make Surfitt water

Take one bushil of read poppey picke
them then put them into an earthen pott with
foure quarts of whit aq aquitieuitia
ginger Cloues; mace scinamon & nutt=meges of each
one quarter of an ounce safron halfe an
ounce sett them stand nine days close stoped
star it once a day then strayne it out hard,
& swetten it with pouder sugar; still the rest which

you strayned, out to make with surfett water
swetten it with polder suger & sett them both in the
sunne,
Ackins the older
To make a poultie for a brest or seage
or aney swelling; the Pox or plauge
excepted it will both breake & heale it
Take: 2: quartes of strong alle grownes;
2: handfulls of smallage shred it fine; half
a pound of mutton suett beat & shred very
small; boyle them all togather till it will
stann one your nale then put in a good
hand full of honig & as much sander
mell with make it into a poulties boyle,
it & apley it hott; pas much souer leuen
as an egge you take rey meale and
heres suett

mistris More

For the Scurvey or Canker
in the mouth;

Take one penney=worth of plantain water
& 6: or: 7: sage leaues: 2: spone=fulls of hony
as much burnt allume as a wall=nutt boyle all
these to a sirop & if it be a canker when you
take it of the fier put in as much poudre of
ginger as will lye one a knifes poynyt and
rubb it with a cloath one a sticke till it douth
bleed drese it twice a day & last at night
giue a spone=full into the mouth

Mistris
Ackins the
elder:

Lucattalls—Ballsome

venice turpen=rine halfe a pound; salit oyle
3: pints: pure yellow bees wax halfe a pound
franken=sence 2: ounces; masticke one
ounce; allowes one quarter of an ounce
read sanders :4: ounces one quarte of the
best canarry saeke boyle all them in the saek
being beaten smal one quarter of an hower
& stur it all the time one a gentel fire of
charcol then take it ofe sturing it till it is
almost cold then put in the saunders & sett
it one the fier againe a littel while sturing it
but let it not boyle then take it of & put it in
a bason till it is cold then cutt it out of the
sack & melt it againe put it into a pot & so vse
it you must straine out
the saunders when it liath
taken out the coller

mistris
Ackins
Elder
For the Griping of the Guttes
Take :3: penney=worth of surrop of Citterns
& :one penney=worth of deiescordum if it be a
child giue it at :4: times but for an elder body
at once

Goody E
Ingrum

To take a thorne out of
aney place

Take the Galle of a barrow=hoge stick it one
a scure & dry it in the Chimny when you vse
of it slice it in to some gray sope & lay it one

Mistris Anne

To make the Capution Iuce of Liquorich

Take :3: quarters of a pinte of vnsett Isup water,
& as much Coulsfutt water & steepe in it a pound
of new Inglish liquorish cleane scraped & slised
very thine & steepe in thes waters :24: howers
then beate it in a stone morter very well & streine
it & so Boyle it to a past & then take 2: poundes of
lofe suger finely beten & scarsed & when it is
could worke it into it as past & so make it
vp as you please you may put in scabious to

Mistris Moore

A Reseat to make surfitt water

Take a galland of Brandie or stronge aquitie
steepe in it halfe a bushell of poppies -24-
ouers then straine them out hard & to that
Liquor put in.1. ounce of Lickeris scraped &
sliced ane ounce of anni-seeds brused &
halfe a pound of rassons of the sow stoned
a peney nutt-meg sliced as much sennimone
ginger; cloues & mace one ounce of metthera
date; one hand=full of mary=goulds flowers
& a hand=full of cows=lips dried & 2 peny
worth of saffaron infuse all these togerather
in the fore said water for -9- days then straine
it out & put into every quart -4- ounces of
sugar & keepe it for your vse
the ingreadances that was strained out take
a quart of stronge alle put to it then distill
it & keepe it for your vse
To take a way proud flesh out of sore
take minaum & mixe it with burnt allome
So put it into the sore with soft vnguite & lint

my Cousen
staffords

To make Aqua=Mirabillls

Take gallingall; ginger, qubibes; mililot
mace; cloues; nuttmegs; cordinum seedes; of each
one drame of the iuce of balme; spermintse; salen
dine; of each halfe a pinte & a pinte of the
spirit of aqua=vite & -3: pints of the best white
wine; put all these in an earthen pott to infuse
all night & the next morning still it in an
ordinary still you must past your still a boutt
the edges thatthe strength come not forth
this water is to be taken once a weeke -2- spone
fulls at a time with some suger; it is good for the
paine of the stomacke it cleanseth the longes with
out any paine & being wounded healthe them
it suffereth not the blood to putrifie; it despeseth
mallancholy it expellethe the rume; mightily
comforteth the stomake keepeth the youth in his
perfett state helpeth the memory destroith the
palsay & at the point of death it preserueth life
so long as nature hath any thing to worke vp
pons; put in six ounces of white suger-candie
in the glas

folio 117 verso || folio 118 recto

Sarah
Boyle
The Lady Northumberlands
furmitie

Take a quarte of creame & a quarter of a pounde of french barley the whitest you can gett and boyle it very tender in :3: seuerall water & lett it be coold then but both cold togather then put to it a blade of mace; one nutt=megge cut in quarters a race of ginger out in :3: or :4 peecees; so lett it boyle a good pretty while still stirring & seasoninge it to your tast with a little of the creame & stirr them into it & so lett it boyle a little after the eggs are in then haue readie blanched & beaten 24: almonds kept from oyling with a little rose water then take a bowlter strayner & rube the almonds with a little of the thinest of the furmitie through the strayner but sett it one the fire no more then stirre in a little sliced nutt=meg & pick out the green spice put in a little salt & so put it out into a dish

To make a Custard

Take a quart of creame boyle it a good whille with a blad of mace then take the yolkes of .6: eggs beat them well with a little of the cold creame when the creame is boyled seson it with a little rose water & sugar then put in the yolkes of the eggs & lett it boyle againe & so dish it vp mistris
Lucey Clarke

For a pinn & webe in the eye or blod=shoten

Take may butter & hearbe Christtipher chope it small putt it into the butter pretie thicke so lett it stand one the fire till it is greene then strayne it out to keepe for vse put in halfe as much as a barley corne one the sore cold with a straw; while you vse this take :2 spone=fulls of ioyce of may=weed in a draught of beere morning and euening drinke it cold

For a bruse in the eye

Take new milke & read=rose rose leaues boyle it a little
then thicken it with wheate flower & lay it one as hot
as you can induer it dress it once a day;

To staye the rume of the eyes

Take the ioyce of Sallandine; thicken it
with wheate=flower & spread it one blacke
the bignes of this pach lay it ouer the
eye=browe cold lett it sticke one till it
falls ofe & if it neede lay one another
if both eyes lay one two;

To make the white salue for burnes
or scalldes or aney sore that
wants drayen;

Take one pinte of sallet=oyle; halfe a
pound of bees waxe; halfe a pound of
white lead; boyle these in a new pip
ken which was never vsed; one a soft
fire till the sticke you stir it with
begins to loocke a little blacke then strayne it;

To Make the Greene salue for draweing

Take one pound of mutton suett & trey it
halfe a pound of rosen & halfe a pound
of bees waxe; a peney=worth of venise
turpen=tine; & as much other turpentine
& one peny=worth of vardigrease; put in
all togather to a skillet & lett it simper
till it is melted then put in the vardigrease
that is finely seerced sture it in & put it
in to water & worke it in the water till it is a ligte
green so make it in rowls;

To make the blacke salue for
a breuse it drawes & heales

Take one pound of rasen as much shepe=suett
when they are tryed as much bees waxe & as
much pi^tch put them in to a skillett our a softe
fire till thay are melted then strayne them out
mistris Bertue

for a hott rhume in the eyes

Take one penye-worth of powder of buttie
as much straberry water & as much sucery
water shake it togeather & wash the eyes
one penye-worth of poudre of buttie & one
halfe-pinte of read=rose water is good for the eyes;
To giue a sent to washballs take storex
lickned it is : 4.\text{d} an ounce

gooda

To make Runnett for Cheese

Take a quarte of haththorne buds and
3: pints of Cow=slips put them into a gall
an of springe water halfe an ounce
of mace boyle to :2: quarts straine it
out & put it in one hand full of salt when
it is could put it vp put not your bage\(^\text{10}\)
but to some & as you vse it put in more it
will keepe two years if the bag be not
in & bottle it vp close put in a chalke
stone to your runet or some whole wheat
it will keepe the cheese from houing

mistris

Goodea

To make the Goute oyle it is
good for straines or swellings
in any sore or brest or cancers

Take 2: hand-fulls of cammamile; the tops
of greene rose=mary; 4: of bays; garden tansey;
rew; worm=wood; fether=few; read sage;
greene tops of lauender; of each one handfull
lett all these be picked & grocely shred then
take a new pipkin well glased that will howlde
2: quartes put in one quart of greene oyle
olive & all the hearbes sturing them doune then
couer the pipken cloce that noe are comes out

wille & make a hole with a greatt pinn one the tope of
the trencher then sett it by a soafte fier where it
may keepe warme: 24 hours, then let it have one boyle, then strain it into a pann & put to it one ounce of oyle of spicke put into a glase bottle & keepe it for your vse; it is alsoe good for aches or wormes; cut a browne paper round with a hole for the nauell & slique it with a slique stone anoynt the bely with this oyle & lay one the paper and anoynt the hollowe of the feete it is good for burnes or scaldes or ganggrines;

Mistris
Moore
For a Parge:
Take one quater of an ounce of rubarb & slice it as much seeny tis in a cloath; one pound of pruans stew them in two quarts of alle then put in suwe suger drinke the liquor as you plese you may eate the pruanes if you like them;

my Cousen
Goodeue

The Parraselsus plaister

Take of these fowre gumes; gelbanum opoponex of eache one ounce; amoniacum bedellium of eache 2 ounces beate these gumes into fine powder & put them into an earthen panne conting

about 3 pints being very well glased within then put to it a pinte &; halfe of vineger & let it steepe 24 hours then take a quarter of a pinte of veniger more & put therein stirring it & setting it one the fire vntill these gumes be throughly moulten; alwaie stirring in then take a peice of new canuis & streaine it & sett it ouer the fire a gaine stirring it & setting it ouer the fire being very gentle of charke=coles keeping the fire from being the side of the panne that the gumes burne not there to & soe keepe it; stirring it alwaie vntill all the veniger be gone awaie & nothing left but the gumes in such sorte as you may spreade it like a plaister; then take a quarte of the best oyle ollyue & put it into a panne of earth well glased that doath containe about a pottel or more & set it ouer a fire of softe coles & put into it halfe a pound of newe vergins waxe cut into smale peeces & soe lett it melt in the oyle leasurely & when it is moulten put into it one pound & halfe of lyteridge of goulde beaten into very fine powder stirringe it continually vntill
it bee throughly moulten & thicke & when it hath
left boyling a little while then take of the
foresaid gumes & with a sticke take of them
the quantitie of a nutt & put it in stirring

of it alwaies & feeding the saide oyle by a litle & a little
vntil all the gumes bee consumed for it will requrie an
oure the putting in of the foresaide gumes & when you see
it beginnes to be coulde put it one againe ouer a few
embers taking greate heede that it be nott to hott for then it
will rune ouer & finding it to bee some what warme
take it of the fire againe putt in these powders therein
then :2: kindes of aristelogia rotunda et longe calammaris
mirth & francomsence; of each an ounce being in very
fine powder then mixe them togther & by little stirring
put these powders in by smale quantities at a time
with alsoe one oune of the oyle of baies & laistly put in
4 ounces of fine turpentine the panne beinge from the fire
& if you will knowe when it is sufficiently boyled put a little
into cold water & if it cleaue to yourfingers then it is not
readie then boile it againe & as bigge as you will haue your
rowels lett it droppe into a panne of cold water & soe with
a littell oile of roses to anointe your hands make vp your-
rowles into oyle pappers & soe ones a yeare oyling the
pappers it will keepe his vertue :50: yeares;

the vertues of foresaid Plaister;

1: it is good for all olde sores that coueth of coulde :2 it driu
eth & clenseth; breedeth good fleshe it comforteth and
healeth more in one weeke then any others in a mouneth
3: it will not suffer aney sore to putrifie mor anie dead
flesh to breade

Mistris Martha
Reuee:
For burns or scalds;

Take a pound of kidney mutton suett one hand
full of house=lecke as much or pain & a good quantitie
of greene Goose dunge; as much of the read of
henns dunge; boyle it together straine it out
& vse it with a primose leaufe

To take out the fire

Take a peece of rock allom & the white of an egge
beate it to a crude & lay it one as a poultis

My Cousen

A water for a thistaleys & to Calle bones

Goodene Take a peny worth of boule=armenack as much of
white copprice & as much campher beate them very fine
to pouders put them into a pot which houlds :2: quarts or more
take a skillet & put in :3: pintes or more of runninge
water & sett it one ^fire & when it is redy to boyle put it
into the pott where the poulders is & couer it vp close & the
powders will sinke to the bottome & so you may vse the
water as you see good; if you take a little white wine
vineger & sett it one the fire & dissolue a little hony in it
& put it in a glass & when you vse itt warme it & wash
any ordinary sore there with

The coppie howe to make a sufferant water
that docter Steuens phissision & a greate;
cunning man of longe experience did
vse & there with did many cueres & all
waics kepte it secrete till the bishoppe
of canterburie gott it of him a little
before his death;

Take a gallon of good gaiscoine wine white or clar
ret; then take ginger, galingaile; cardamon; sinamon;
nuttemegs; graines; cloues; anniseeds; fenell
seeds; carrewaie seeds; of euery of them :2: dragms
then take sage; mints; read roses; time; pellitorie;
rosemary; wilde time; wild mareram; orgaine;
pennemontaine; peneroyall; camamile; lauander;
& or pain & Isope

and auance; of euerie of them a hand=full full then beate the spices smale & braie the erbes & put all into the wine and lett it stand still the space of 12: howers stirringe it diuars times then still it in a limbeck & keepe the first water by it selle for it is beste then will come a seconde water which is good but not soe good as the firste; the vertes of this water bee thesse it comforthe the spirrits vitall & presserueth greatley the youth of man & healpeth all invarde disesees comming of cold & against shakin the palsey it cureth the contracte of sennewes & helpeth the conseption of women that be barrane it killeth the wormes in the bellie it killeth the cowte it healpeth the tohoke ache it conforteth the stomacke very much it cureth the colde dropsie it breake the stone in the bladder & in the raynes in the backe it cureth the kanker it healthe shortly a stinkinge breath & whoe soe euer vseth this water ofte it preserueth him in good liking & shall make one seeme young very long with the water docter steueavens preserued his life vntill such extreme age that hee could neather goe nor ridde best liued bathered fiue yeares when other phissions judged him not able to liue one year which hee did

confesse a little before his death sainge that if hee had hade anie sicknes that then hee tooke noe other medeicne then this water to drinke & alsoe the archbishope of canterborrie fownde much casse and goodnes therein & liued tyll hee was not able to drincke ofe a cuppe but sucked his drincke onto of a hollowe pipe of silver; mr sargent whoe learned it of the arche=bishoppe & it did him much good & many of his friends, this will be better if it stand in the sonne all that somer & you must drawe of the firste water but a pinte and of the seconde as farre as it will ronne;

Mary
Lame

To make woormwood water
Take 2 quarts of wormwood water stilled in a rose water still & one quart of white anniseeds water sweeten it with lofe sugar & set it in the still and so still it again

Mistris moore

For the yellowe landous

Take one quarte of muskadine & a good quantity of new sheeps dong steepe them all night then straine it & put in two ounces of sirrope of elder or roses but elder is the better so drinke it at thrice

Hanna Canfele
Take a good quantitie of the inner barke & leaues of ellder boyle them in runninge water when they are well boyled put in a good lumpe of fresh butter boyle them togeather then skum it ofe; it is good for the pilles

my Couzen ffarrow

To make Hippocras of water

Take one pottle of conduit water; one pound of good suger one ounce of Cinamon cutt smale & twentie cloues beaten into pecces fower races of ginger cutt smale the guice of one lemon with the peele put in & fflower branchs of rose=marie, let theise steepe :24: howers then straine it & vse it;

Mistris moore

For the stone march is the best time

Take a good hand=full of parcely & beat it in a mortar then take a pinte of milke
from the cow put in the parcely & stur it
so lett it stand one houer then straine it and
drine it :9:
mornings &
warne it

mistris Atkins
the elder

for the swelling of the
Kings Euell;

Take a pinte of sallett oyle & halfe a pound
of white lead put them into a thicke skillett
sett them one the fier to cemmer for nine houers
sturing it to keepe it from burning if it
douth not sulley you it is well made
put it in to a galley pott & when you
vse it spread it one a cloath it will
swage the swelling & if broke it will drane
& heale it then take a drying drinke

mistris Atkins
the
younger

To make a plaster of galbanum
the for the fitts of the mother

Take halfe an ounce of galbanum and giue
sixe pence for it spread it vpon sheeps leathe
& lay it one the belley it must be cut rownd:

the rescate for the stone & grauell
in the kidneys & wind

Take of sentory golden rood cardus beni
dictus worme=wood small betony sage

rosemary & hisope of each one hand
full to a barrill of beere & let it stand
eight days then drinke it constantly
for the Pilles that are inward

take one hand=full of browne sage & as much wood sorrell boyle it in stalle alhether put in some lemmom and swetten it with whit suger so drinke it, my Cousen Quier

To make wayfer Cakes

Take :2: quarts of flower & :2: pound of sugar a pound of fresh butter put in some rosewater & sacke the yolks of :8: eggs & wett it with creame; role them thin & put them in the hott irons and soe bake them; you must wipe them ouer with butter in a rage euery time you use them you must have a bord or tinn the bignes of your irons so rowse them out thin & cut them by that

my Cousen farrer

For Griping of the Gutts;

Take wormood; Camomile; flowers & sparmints, of each a handfull tormentil roots; & iuniper & bay berys, brused of each :1: ounce cut the carbs small & boile them in :3: pints of water till a bout :1: pint or better be waster, a little

before you take it of the fire ad to it :1: pinte of the best red wine; & then drinke it at your leasur

Allanna Canfild

For a fellon an to draw & heale anye sore;

Take :3: sponefulls of venice turpintine & as much of graye sope as :2: wallnutts put them on to an earthen sace pan sett it one a fier keep it sturing till it leues froth ing then put it vp in a galley pott pricke a fine ships leather full of holes so spread one thine & lay it one
For a fellon to bring it to a head
and to breake it

Take some oate-meall & beate it & shred som southern
woode soe put it in to beere & boyle it to a poultis then
put in some sallett oyle; butter or hogs larde & so apply it

For an emposttume in the throte
that thy cannot swallow

Take a good deale of such rossen as they setts kniues with
beate itt small & warme itt in a little beere & so giue itt

To staye the bleeding att the nose
& to thicken & coole the bloode

Take shipperds=purse; yerrow; plantaines, & a little; wood
sorreall; stampe & straine itt & giue itt in beere or posset
ale one spone=full att a time as often as the please.

My Cosen Good
Eue theelder

For Convlein fitts

Take wood live or soues & shred them small :3: at
furest fitt :75: the nexe & :7: at the thirde in a spone
with a little beere it hath hoped at the furst fitt.

A medicine against the toothe
Ache

Take of Cume Curuina & sprede
it upon silke & applie it one the
same side the toothe Ackes if one
the lower jawe then plase it one
under the tip of the eare, if one the
uper iawe plase the plaster on
the temple.

Good-dey
write,
To make A Greene Salfe for cutts
or bruses to draw out ye corrupcion
and to heale them;

Take brambell leaues; honnysockel leaues; A
allouf; ribbewort; of each a handfull shred
them very small then put them into may butter
or new cream so boyle them togetherr then put in
a little turpintine & lett it simmer one the fire
a little then straine it out into a pott so keepe
it for your vse.

my sister
smith

For a Canker in ye mouth

Take some read=sage & shred it small
putt it into honney so rub the mouth with it

my Cousen Richard
Redman

For A surfett

Take one spone=full of whole mustard seed in a spone
with som beere or any other thinge & drinke some after it
it will bringe it out in an ichin & prickling & so take itt
away

John Reedman

For an ague all though thay haue had it longe

Take three ounces of the small water of cardus & drinke it
then goe to bed & sweat you must take it thrice

Mistris viuer
Taylor

For the wormes in Children
or for elder peopell

Take :1/2: a pint of Ioyce of lemmorns; you
may haue them at the confictaonors & sixe
peny=worth of saffron dried & ground
very fine put itt into the ioyce ouer night
& stur it in; in the morning giue one spoun-
full & done so for three morning togeth
this will bee for three parsions to take;

mistris andrews

For the wormes Children and other

Take some garlicke pill it cleene then boyle it
in faire water till it & shift it till it is
so soft you may thrust a straw throw it
take halfe a pinte of vin^e ger & as much
fare water; & one quart of honey
when the garlicke is well drend out of the
water boyle the vineger water & honney to
a surop then put in your garllicke so put itt vp
you may giue :2: or :3: cloues & a sponnfull
of the surop at a time for 3 morning to

gather if your sirop be to much you
may boyle more garllicke and put
it in to your surrop

mistris booin

For the grauell and ston;

Take plantain parsley & mare=golos leues
soe still them in a cold still when you find the
fitte comming drinke half a pinte of thise
warter :3: morninge to gather; then take
halfe a pound of honney for thries & one quarte
of all will be enou^th enought for the honey war me
the thirde parte of the alle & dissolfe the honney in
it then drinke itt vp doue so at any time when the
fitte is commine and itt will giue you ease;

My Couson Quier

For ye whits to stay them;

Take halfe a pinte of canary sacke one egge
very well beten & one large nutt=mege put all
these togeth stir them togather so drinke it in
your bead & lye one your backe to shope itt
will cause you to sweatt and stay the whites
and stranthen the backe.
Mrs
Loe

For the tooth=acah

Take some longe pepper; as much pepper grains & as much blacke peper. beat these together then make them all into a past with some of there one water spread it one a cloath & lay it one the contrary chick; it will make it heate and burne & take away the Payne

To make
Hanable
Mrs Robards

For Wormes in children

it will kill them & bring away the blade if they live six score years they will neuer leaue them more
Take worme=wood Southernwood feather=few; & tannsey; stampe them then mixe them with oxe gall soe spread it one a cloath & lay it all ouer the belly & stomach and warme it to take a way the chillness of the herbes so fell it ley one three days then reine it agayne it will make them a littel Poore.

Take angelica

A receite for the small pox or measels

Take Angelica watter, & balme gentle watter of each halfe a pinte, and put there unto halfe a pinte of cardus berridicktus watter, & put the pouder of Crabes clawes in a spoonefull of the said watter, & take it downe, & then put more into the spoone,to wach it cleane, you must put likewise into the glase of water 4 ounses of loafe sugger, beaten small. /
A grane \[ \symbol{ } \] is one corne
A scruple \[ \Theta: \] is rr
A drame \[ \mathcal{Z}: \] is threscore
An ounce is thus marked \[ \mathfrak{Z} \]
A quart \[ qr: \]
Libre \[ \text{lib:} \]
serais \[ \symbol{ } : \]
manipuli \[ \text{m:} \]
pugillis \[ \text{P:} \]
Anng \[ \} \] of each

A graine is a barly corne taken out in the midst
of the, eare, A scruple is xx barly cornes, thre scruples
makes a dram, Eighte drames makes an ounce, a quarte sign
ifies a quart of any thing, libre is a pound, serais is
the haulf of euery waight, manipulus is a great hand
full, pugillus is a little handfull, Anna signifieth
of each a like much;

Alchimy or spargyrike are accounted amongst
the fore pillers of meddecine and which openeth and demonstrateth the compositions & desolutations
of all boddies togather with ther preparations all
iterations & exaltations the same I saie is shee which is
alchimy useth seauen workes which is as it weare cer=
taine degrees by which as it weare by certaine nessasarie
Instrew mentes shee ordreth & finisheth the trance
mutations of thinges by trancemutation I meane
when any thing sore forgeth his out ward forme
& soe is changed that it is utterly unlike to his former
substance & wanted forme & hath assumed an other
essence another colloor another uertue & another nature
and propertie as for example when linnen ragges are
turned into paper, mettall into glass skines or leather into
glew & hearbes into ashes ashes into salt salt into water
& mercury soe moueable into sinnibar & pouder;
the seauen degrees of working are these men soned in this practais
calcination
digestion
which is the bringing of any thinge into ahes
is a dissoluing of that which is thick into thine to be purified;
fermentation
is a mixinge of kindly matter for multiplica
tion or the kindly seaso
ning or leauening of a thing,
distillation
is an extraction of a liquor from a bodie by heate,
circulation
is to rectifie any thing
to a higher perfection
sublimation
is the lifting vp of moy^st
mattsors to make it more pure and drye
fixation
is to make that which is thinne
to abide with his body
besides all these are diuers others workings as
dissolutions is to dis-
solue that which is grosse
putrifa-
cotion
is the meane to generation
exalltation
is euaporation of the Im
puer humor,
rectification
is a reitterated distallat
ion to perfection,

couagulation
is congealing of moy
stur
cohobation
is a repetition of distillation by which the liquor distilled
is poured upon the
fecees & distilled again

I haue