

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

V.a.619: Receipt book of Margaret Baker [manuscript]

front outside cover

front inside cover || front endleaf 1 recto

front endleaf 1 verso || front endleaf 2 recto

front endleaf 2 verso || front endleaf 3 recto

Margarett Baker

front endleaf 3 verso || folio 1 recto

A Diat drinke for the Scuruie; Robartt Laine ,

Take of Scuruie grasse brooklime watercreases liuer wort and hartes
tounge anoi handfull Iuery 4 ^{^pounds}: wilde angelico deasie leaues being
halfe rootes. wormewood ribworthe 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 dram^{es},
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 uenice turpentine first cleane
washed in rose water & a pinte & halfe of sallad oyle then boyl
them altogether with a uery soft fyer 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 moultten 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
 warme with sacke or possett drinke the quantitie of a hasell nutt
 A most pretious balme made only by mathew Lucatalla
 an etallian newly ariued & neuer sould heare before
which only is in all perfections good to cure these under
 written Infirmities
 first it is good for to heale any inward or outward wound
 if inward to bee squerted warme in the said wound if
 outward to bee aplied *with* fine linon *with* anynting *the* plas
 there about & it will not only take awaye the paine but like
 waise 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 anynted
 first *with* the said oyle and a peece 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 anynting the place soe
 ofended *with* the said oyle heated & ^a warme cloth laid one
 itt, it helpeth the headach only anynting the temples
 & nostrills there ^{with} it is good against the wind collicke &
 stich in the side aplied there to warme *with* hott close
 foure morninges together & euery morning alsowe a quarter
 of an ounce it is good against poysons & helpeth a surfitt
 taking the quantitie of an ounce there of in a little sacke
 warmed itt helpeth bitinges by scorpions vipers or snakes
 being drunke warme in milke it is good against the plauge
 anynting only the nostrills & lipps therewith in the morning
 before the goe forth by gods healpe hee neede not feere the
 plauge 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 uery good for one infected *with* the plauge me^aseles or
 the like soe it be taken in warme broth the quantitie of a
 quarter of an ounce foure morninges together & sweate
 upon it it helpeth disgistion anynting the nauell & stomacke
 cke

there *with* when the party goeth to bed the said

Lucatella to giue better satisefaction 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* itt
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 tische, 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 *with* 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 tounge & 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

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 kirkels
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 away 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 thinges 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 duskishnes teares & superfluous humors
of the eyes, itt is holsom for the brest profittable for concomicion
against euell humors that letteth itt drinke *with* good
wine itt stireth the appitite it puteth away 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 Iawbones
the smell of it killeth all gnatts & wormes, it cureth the drop
psie comeing of ~~the~~ a could cause & supperfluous colour
with drinking & washing all manor of woundes may bee
washed there *with* soe thy shall bee preserued from all
putrifieng, it healeth all kind of agues but most of all
quartanes the drinkeing of this wine letteth the deseases
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 channce & drinke this
wine straight way vpon itt hee cannot bee hurte of
the poyson, this writeth Lullus, millisa beaten &
steeped in wine a night this water distilled & drunk
euery 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

folio 4 verso || folio 5 recto

A magistrall Electuary of Sulphur the *which* serueth against
diuerste sorth of infermities

As the fire hath vertue to heate & drie meteriall thinges so hath the
Sulphur uertue to warme & to drie the humidityte 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 compoude this electuary the *which* you may vse with ease & benefitt vnto a number and the order to make it is thus take very fine sulphur *that* is with out earth & make it into fine powder 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 keepe 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~~^{vaynes} 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 ~~vinegre~~^{muskidin} that is sweete & pleasant fiue or six gallons and put it into a uessell well seasoned & in *the* wine put fine lignum aloes in powder 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 powder suger or 2 pound of common honney *which* you will - 4 ounces of the roots sipres beaten into powder & as much of the rotes of imperatoria in smale powder and let these be hanged in a bagge in *the* said wine & close stopped for fourtene daies & then you may drinke there of in the morning fasting a good draftt 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 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 vntill 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 drinke with cardise benidictus water or whit whine

to make a diet drinke with this powder

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 ~~th~~ together untill the water be halfe consumed then krinke it so often as you will;

to make a fume

take antimonyum retece prepared 2 ounces senabreum half an ounce
arxygementum half an ounce francomsence :1: ounce

folio 5 verso || folio 6 recto

An artyfysheall Balme

galbanum mastickgum elem^{^yum} gum-gdragons 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 & yourgdragones 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 powder

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 haulfe a pownd literg of gould & siluer of each
2 drames lapas callamenaris, whit chalke unburned as much
as a small wallnut fresch 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 aqua fortus .3. ounces quicksiluer 4 ounces put them
all into one glasse vialle & with your have stopt the moueth of *the*
gllasse 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 powder is .3. grains with 3. grains
of eaforbium mixt with a littell honny or sugar or fresh butter
or in the conserfes of role lixsatiues & not stomatticalle first
afore you take this powder you must take preparatiue of
senne or haulfe an ounce of confectiue hamnickca or con
serfes of rosses laxsatiuef .1. ounce this powder in ^{^this} sorth
you^{se}d take taken .3. times in .9. days with good order of diet
healleth all oweld mallegnence infetriate sores paine in the
Ioynts 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 kuerer you most youse this decoction of drinke

with all as followeth, the diet drinke is thus made Lingnum
guiaen .1. pound cortix guiacy .2. ounces radix sarsapar
rill .1. ounce radix chinne .1. ounce radia sasciphras .1. ounce^{ce}
Epethumum .3. ounces, rubarba turbeth .2. dramse sene-
allexsandria .4. ounces Coliquintidea .3. drams stickcados
.2. ounces hermadacktelos .3. ounces callamaaramaticus .1.
ounce there deagarricum halfe & ounce Iensianna .3. ounce^{es}
radix tormentill .3. ounces Agrimonium halfe a pound, Iras
arstrilgirotundum halfe halfe & ounce Licoris .4. uncis
radix pollimonnice & ounce & halfe rasinni solles .2. pound,

folio 6 verso || folio 7 recto

Rububes gallingall .2. drams, coriandrium annes .1.
ounce, fennicules .1. ounce, powder all that is to be powd
ered & you may boyle this in, a, new erthen pottwell
leaded with .4. gallons of running water .24. owers or
you make it all into suddell 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 spoonefull
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 & stowe 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* forehead 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 barks ther of .2.
ounces, 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
thinges 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 mortar seuerally & straine

out the ioyce of them through a fine linnen cloath & put euery seuerall iuyce into a glasse by it selfe & when you will youse it take of euery 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 liltell 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

folio 7 verso || folio 8 recto

Blader fill the gerdell to the thicknes of a finger bredth and take a peece of whit leather twice in breth to the gerdell & fasten it there vpon to keepe *the* moysture of the gardell ~~for~~ 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 nollemetangeros & 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 turpentine, one pound of rosen; virgens wax on pound haulfe; of oyle oliues one ounce, of frankensence one ounce; of masticke beaten into ^{one ounce} pouder a handfull of bettony, one ounce of pimpirnell, veruine a handfull beat all these hearbes in a mortar 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 togeather & then take them from the fier & put there in turpentine & then take the iuce of vallerian & put there to & stire them togather vntill 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 distroyeth that is to much & increaseth that is to little & it keepeth each portion in his estate & this confec-tion ought to be well kept this salue is good for all woundes that is of nature drawinge & clensing & to consume yll flesh & in gender good it suffareth noe dead flesh or corruption 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 scuruey:

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

folio 8 verso || folio 9 recto

sharpnes, rectifie the same deawe in balneo maria
until itt leaue no more feces ^{^ that is groundes} then still it often vntill
it bee made diaphanne or cleare & of the colulr of pea-
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 Aquacellestea 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 aquaselestea &
make cohobation & destillation vntill it be increased
halfe his waight, then is it appte to sublime, keepe
this vigetable mercury diligently *with* is nowe fitt to
doe those things which followe take of this mercury
vigetable two ownces of aquacelestea foure ounces
Ioyne them all together place them in balneo in a well
gla-closed uessell, then doth the water agayne receaue

into her: her mercuy & of two is made if they pase togeth^{er}
through the spoute of the alimbecke or retorte, & so shall
you haue the catholicke or vniuersall dissoluer of all
calcined bodyes; either of calcined corral carbuncles or
rubynes, peales & such like: finally it is dissolved olym=
picinum;
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 calamaris, 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 stalckes 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 &
&

folio 9 verso || folio 10 recto

fennell seede of each halfe a hanfull being all grosly
brused with sugar .4. ~~four~~ 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 together & 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 together & 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 together *the* water white & so contynew a
softe fire untill there yssue a blackesh oyle then
change *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 *with* the 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 called artyficiall 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 rayn^{es}
& 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
ulcers, *which* are not corosine, the oyle of balsamo serves for blows
or brusses, head or bones or, membraces prickes, the balsamo is
myrualious for the evill in the flancke takeing of it, .2. drames
& for the cough catturr coldnes of the head & stomacke blowes
of the head anoyntinge all the head once a day resolues any
swelling speedly 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, woodaloes, gallengall, cloues, consoluea
minor, cinnomen, nutmegges, Zedoarie, ginger, whit dicta
mus, of eche an ounce, muske, amber greese of each a dram

folio 10 verso || folio 11 recto

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 scalding 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 mortar uery fine then take .12. ounces of castell soape
and shave it smale in thinn peeces 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 ynough 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. ounce of masticke, beaten into powder, an hand full of betony
.1. ounce of pimpernell or ueruauine a handfull beat al theis
herbes in a mortar then put them in a pottle of white wine
& let it boyle unto a third parte & straine it through a lymen
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 uirgen waxe & after the masticke & after the
frankensence, well powdered 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

folio 11 verso || folio 12 recto

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 & clen
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 aganst 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
hoggs 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 ioyns

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

A salve 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

folio 12 verso || folio 13 recto

~~to make a salve 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* anynt 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 mortar untill it becom a salue & then lay it
to the sore & drese it twice a day,

A receipt 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 powder *which* you shall
do in this manner put your mercurie in a sheet of white
paper & then *with* a sleeke stone bruise it uery smale, for
you canot make it to smalle then put it in to a pewter
dish & put ther to a uery litle water *with* a spoune then
with a great wooden spoun stirr it well till it be disolued
& will groue to be uery thicke & 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 clenner 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 growe & become little lumpes & the quicksiluer will
apeare like pinns heads, then with a corner of a carde 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 uessell powere upon it a pinte
of white wine mingle all well together use it not *within*
.24. howers lest it blister;

A water of maruellous vertue to bring;
again 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 powder; .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 uessell & 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
dropps 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
theis thinges in a limbeck as wee haue before declared
& give it a sloe fier that the water may mountpward
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 ep^{ex}perience of it upon a yong maide *that* had
broken her arme whether it weare that it weare not well
dressed or by any other occasion 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. howers & after thay had

well washed & rubed her arme & the bouts that shee was
bound with all in laying it upon the broken place & wound

folio 14 verso || folio 15 recto

she was cured in few dayes after, & in distilling
this water you must understand that at the end
it changeth the coullour, & then you must chaung the
receauer because *the* last will marr the other *w:hich* is
uery good & hauing 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. Iames

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 con
trarie 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 alwayes 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 twice a day if it be to sharpe
put in the more rose water

An admirable water for diseases of the liuer,
spleene, kidneis & all obstructions ,

take hungari vitrioll callcined to a rednes .2. pound water flints
callcined .3. pound tartar calcined white halfe a pound, beate all to
fine pouder & put it on a marble in a moist seller .14. daies or

folio 15 verso || folio 16 recto

more, & being dissolued, distill it .3. times in the limbick,
ech time poudring the feces, & pouring on it the water
distilled, in the maner of extracting, afterward put it
in to a retori with the flegme & distill it with a gentle
fire: & first will com the sweete flegme then the sharpe
spirit, then a^ugment the fire by degrees for .12. howers
& take the dead head calcined, extracted saltt & cir
culate with it the sharpe spirit to make it of more
eficacie, the dose is eury second morning one spown
full, & is not to be held in the last place of seckrets
it cures the dropsie, suppressad months,

the confect: of coriander seede

take of the herbe marierom one handfull & an halfe
of rosemarie halfe 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 hott, .2. pound of coriander seede & let them
stand infused in some warme place .24. howers then
straine the coriander & puttinge to them refined sugar
sufficently boyled make according to arte, a confect with
one cote, the uertues, a few seeds of this confect, taken

after denner & supper & by litle & litle chewed betweene
your teeth keeping the mouth euer 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 stomacke 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 pinte of
rosewater, a pinte of uery 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 m^ake 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^{pynte} 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, this water is uery good to take away the rednes of the eyes, to drie up the watering to strengthen the eyelids & cure the ulcers;

folio 16 verso || folio 17 recto

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 & iuniper 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 litle 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 swoundinge 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 anneescede &

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^s & 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 ouch, 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 proued medycine for an,
Ague:

take .9. slipps or topps of orpeny, .6. roots of plantayne .5. roots of harts horne stampe them in a mortar 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,

folio 17 verso || folio 18 recto

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 litle 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 quantitye sampier halfe a pecke, may flowers .1. pecke, cut them all in peces & put it into the pot with aniuce seede, lycorice of eache a quarter of a pounce & so still all in an alembecke, the dos when the peacint taketh is .1. spoonfull when the paine taketh a litle 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 half 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 colourd powre it of into an other glas then pouer more spirritt of wine into the first glas & when it is allso deepe colloured poure it allso 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 spirritt 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 & caxdeunum^m
& 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 & theⁿ
will perfittly cure the greese

folio 18 verso || folio 19 recto

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 goates
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 & tisticke die com only through 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 canot 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 soe *that* I conclude all *which* I haue said is two thinges the one is to see the thing infacte the other to haue approued medesones to healpe them: a most exolent compossission of this hearbe the *which* helpeth woundes in uery short time, take this hearbe when it

folio 19 verso || folio 20 recto

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 recouery 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 receaved 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 ~~wt~~ 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 ~~seldom~~ be sick but
liue in health for in this composicon there entreth the
seede of quinces that resolue the ~~filter~~ euell quallyti^{es}
of *the* stomack & maketh *the* hart merry the poune cit
ron pills preserues & helpeth digestion *the* harts tounge
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
strangtheneth the head & sustayneth the straugh of

folio 20 verso || folio 21 recto

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 thes composicon is through
the uertue of the sunples 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 aproued 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~~
~~wayes found~~ proued by experienc a thousand
tymes in diuers & haue aplied it in sundry sorts

of infirmatiues in *the* *which* I haue allwayes found great

goodness & the order to make it is thus,
ginger, zedou^aria, 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, cubebz lignum alloes, cardimomum, cinamon,
callumus, aromaticus, camedrios, stocados, camipitos,
melegite, maces, safforine, olibanum, alloes, 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
uertue in diuers infirmatis because it helpeth all

folio 21 verso || folio 22 recto

put risied ulsers if ye dress them there 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
sipll 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 lutiwn
sapi-sapientia & when 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* poynt 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 soe 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 harmes & soe leaue it soe longe untill all *the* liccor become out of it then take *the* lees *which* remains & 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 uery medesonable *the* second is called *the* alkimistes fire of talcome & *the* riches of *the* alkamistes & because it had greate fire it must needes haue much moystnes if you take this last lees & stamp^e it in a mortar 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 uery white soft & free from freckles or spotted good for ladies;

phrensie,

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 phransie 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 alineation of

folio 22 verso || folio 23 recto

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

the cause of his
Infirmities;

for the phrensie the cause is shewed how be it some holdeth opinion that phrensie doth come of a billous humor opresing the braine & some saie it is an influmation of the braine the *which* doth pretarbate, the reason & doth make a man out of reason the accident phrensie doth come two wayes the one is throw eoll-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 cephiliant, then share the head & anynt 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 chapter
medicinea, there bee foure kindes of madnes *which* bee to saie
in latten, mania, s-melancholia freinsie & demeinachus, they
the *which* bee maniacke in thire madnes be full of diuination as
thinking them selfe to concure or create or to make thinges

that noe man can doe but god & doth presume vpon super
naturall thinges, thingeking that thay can or doe the thing
which is unposible for man to doe, malancholia 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 &
speeake, & can not tell what they saie demoniachus or demo
yace is another kinde of madnes & they *which* be in this madnes
bether possesed of the deuell, & bee deuillish parsons & will
doe much harme & euell, worsere then they *which* bee maniake
for maniake persons cometh of infermities of the bodie but
demoniake persons bee posed 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, prenominated in the brauarie of helth,

folio 23 verso || folio 24 recto

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. pounce of goode white wine & halfe an
ounce [^] of salt, an, ounce of sinamone then destill it in balneo
untill *the* two thirdes 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 fillter & then with sugar make it in forme
of a sirrupe but boyle it not to much then put therein
~~tal~~ *that which* the distilled from the capon & arromatise 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 stranthing those that bee weake;

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

this herbe rosas^olis groweth in marish ground & in noe other
place & it is of a hory colour & groweth uery 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 length & breadth, & in noe wise when
this hearbe should be gathered touch not *the* hear be it selfe with your
hands for then the uertue therof is gone yee must gather & 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 π
will fill a pottle pott or glase & wash it not in any wise, then take a
pottle of aqua=composita & put them both in a large pot or uessell &
lett it stand hard & fast stopped .3. dayes & .3. nights & one *the* .4. dai
open it & straine it through a faire linnen cloath, into a cleane
glasse or peuter pot, & put there to a pound of sugar small beaten
to pouder ^{.1. pound} of licorise, beaten to pouder & demi pound of dates *the* stons
taken out & they cut in small peeces & 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 aquauiua 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 presaruitiue against
*thi*the plague,

in the morning eate bread spread with honye & at top buttre

for *the* white flux

take a quart of new milke parsneps a handfull cut in slices clary in
pouder 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 Iuey 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* thicknes 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
manner 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 ioyns 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 slipping 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 loyns:
take ragged pearle made into fine powder .1. ounce, white
currall 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 wooden box &
keepe them close from the, ayre,
this powder is good against paine of *the* harte & consump
tion & all poysones, or *the* plague & to expell *the* smalle pox &
helpe *the* biting of mad dogges & uipers & to cure all agues &
feuers, & hellpeth conceptions 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 spoonefull of angelico water & 4 sponefulls of cardusbeniditus water mingled *withthe* angelico, then take a spoonefull of the mingled water & put 6. or 8 gr of *the* powder

folio 25 verso || folio 26 recto

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 spoonefull of *the* said mixed water into *the* spoone & take it downe & then drinke of *the* residue of *the* mixed water goe to a warme beed & 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 berries, iun eper berries & 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 tymes when you thirst & shall haue one uessell under another *withthe* same prouission of ingre dience to so much alle

To take away *the* blackenes of a bruse

Take Bee wax & melt it in hott water and spread it upon a cloth and lay it one; this will take it away very sode~~ny~~-sodenly;

To make A drinke for *the* wind

Take sume smalle beere & the topes of speer mintt; & Rosemary; *the* roots of angelico canded; & green ginger canded; 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 itt one tell you find hellp night & morning round the place;

To stint bleedinge att *the* nose

Take barrow=hogs dunge; & vnsett isope; beatt it together
and stope; the nose with itt,

for sore eyes that be swelled;
with rume;

Take runinge water dip it against *the* streme; lay it
in it a thick peece of manchat; & when it is well sock
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
gether lay it betweene a cloth & bind it one the eye
and rest vppon it;

folio 26 verso || folio 27 recto

A powder for a tertian feauer

Take of orange 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
together, take for a Childe as much as will lye on a six
pence in three spoonfulls of the best white wine vineger
and for want there of ale or beere, for a stronge body twice
soe much: drinke before the fitt tooe howres and sweate
vppon 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

folio 27 verso || folio 28 recto

To make sweet baggs

Take .2. Bushells of Damaske roses dryed halfe a
bushells of sweet Marioram dryed a quarter of
a pound of Benjamin,.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
conueient 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 penyworth of rosan, and tow peny worth of hony, one peny worth
of english treckell; one peny worth of tar; mixe all this together
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 twice a day warme

folio 28 verso || folio 29 recto

for the Eyes

Take twoe penyworth of Lapis Calimeniaris beaten as fine to povder as maye be; & putt it into twoe pennyworth of maye butter; sett them vppon 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 vppon y^e-your back & dropp .3. or .4. dropps in to your eye, then shutt your eye halfe a quarter of an houer and anoynt your eye where yt is sore doe this a weke together if neede bee more- you must a little warme it when you vse itt;-

for the swelling or faling 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 garlick pill it and pricke it with a needell & lay it in the oyle one houer & then putt the garlick in to the holle of the eyer and strock the swelled places with the oyle rope it vp warme & ly one the contrary side one houer, you must lett the garlicke ly in till you are well butt you must anoynt it till you finde 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 till 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 weeke together you must purg before you take it; soe takeing it at the new of the moone till you finde helpe and excercise very much vppon itt;
In the hottest time in sumener with a w^hisk brush of the dewe that is vppon 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 saffroⁿ 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 receipt to cure *the* coughte 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

wash & shreed them smale; take two handfull of
parsly rootes wash them cleane & take out *the* pithes
and cast them away & shreed 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 together 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 ingrea
dience & 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 &
sauē *the* licor take sixe ounces 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 ounces 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 gredience 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 ingredienc 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 ounces of broune suger candy
and bruse *that* well & stirre *that* vpe in *the* licor lett *the* patient
eate noe supper butt goe 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 gallons of milke and boyle that and a quart of creame together, 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 boulded, a good quantity of sheeps shuett cleane picthed and shred small; take a good hand full or more of grovnsell or rew boyle all these to a poulltis 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 partty 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 secrees 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 anyntt 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 ^{fine} cloth very cleane lett itt sectell then shift itt nine dayes ~~itt~~ sturring of itt in the cleane watter then lay itt vppon 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 anynted with itt or for a child that is galded

you must not anynt 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 mortar and soe putt them in to the creame and boyle itt to an oyle then strayne itt and soe anynte 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 anyle then take sume more mullett leaues wipe them very cleane and lay them in your pott then strayne your oyle vppon them and when you vse itt take of the oyle an anynte the place take sume of the leaves and lay vppon 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 vppon the coales and stirr itt all with a sticke vntill the past be soft & lett itt boyle till a third partt bee consumed & then take itt off & make your past & lett itt stand vntill 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 buds a quantity of phillippendolow 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; vntill itt comes to a pinte; and then make a possett & putt fower sponffulles 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 skillett & slise a read oynon; and take the passett curd & the herbes and the oynon & too or three sponffulles of white wine vineger & boyle all these togeather till 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 ovnce, and a ounce of lickorish & an ounce of parsley rootes, & one fenell roote, and halfe a handfull of vnsett isope; and halfe a handfull of liuer wortte, and a little of hartes tongue & a quarter of a pound of seeges one

folio 32 verso || folio 33 recto

ounce of deates; halfe a hand full of grovnswell, one hand full of scurefey 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; Egremoney; 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 poysoned,

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 vppon a peece 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

folio 33 verso || folio 34 recto

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 till 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
till 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 together 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 skald

Take the shreds of shoemakers 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 weakeness 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;

folio 34 verso || folio 35 recto

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 peeces 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 itt out as *mistris* Baker knowes how; then you must take tow pound of butter outt of *the* churne vnsalted lett it bee Clarified and soe seeth your fritters in itt,

for the Consoumption of the longs

Nettle seed a penny worth; sweete ffenell 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 tonge halfe a hand full; vnsett Isopp halfe a handfull; rosemary .2. or three spriggs; longe worte rootes tow penny worth; Coultts 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;

folio 35 verso || folio 36 recto

for a purge,

Take three ovnces of surrope of roses; one ounce of surrope of violettts; 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 coves 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 cammell; 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* herbs 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 ounces of sarsaparilla; & 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 cutt it thine; take one ovnce of anniseed rub them cleane and fan outt *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 itt 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 quinces; as much of barbaris as much of cloves gilliflowers; as much of cowslipes; as much of burrage 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 Beau^ser stone;

folio 36 verso || folio 37 recto

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 together 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: ovnces of *the* powder of pyony
rootes; beate all these together 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 for the yellow Ianders

Take one handfull of the inner pille of barbery; boyle itt
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 lemmon & 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 soe it in a silke bagge and hang it aboutt the necke soe as *the* bagge may lay iust at the stomack it will consume quite a way

folio 38 verso || folio 39 recto

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 itt 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 & salt & 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 vppritt 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 drey *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 liquer 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 eeueninge;
Nurs Cresett

for the piles;

Take a quarter of a pound of reasons of *the* sonne stoned and powned 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

folio 39 verso || folio 40 recto

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 aplic it with that vntill it bee broke then take twoe spoonefull of flower; & a spoonefull of right bee hony twoe ealks of eggs halfe a spoonefull of unwasht turpentine mingle all thees together untill you haue made a salue of them & soe aplic 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 violet leaues bolye 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
glister 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 outt *the* seedes of them; & one handfull
of persolie; & ^{one} sticke of grene licorrhish 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 flett 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 sited
take ioyce of tow lemmones & strayne them in to it; one ounce
of surrup of violett; 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 feuur;

folio 40 verso || folio 41 recto

for barley creme;

take tow spounfull full of french barley; & boyle it in
three severall waters; & *thefowrth* water boyle it in
hree pintes vntill it come to a pinte & a halfe then
take sixe or seuen ivrdine almones & bleach them then
grind them in a mortar *with* some of that barley water and
streine *the* stranght of them in to that ~~bee~~-barley water
and putt in tow ounces of lofe suger; & then lett them
drinke 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 pounce of mytton suett beinge of the kidney
boyled in ale vntill it comes to a poultesh and when you
have spreade your poultesh take some oyle of roses and
putt vppon itt;
Nurse Cressett

A salue for an oulde sore;;

Take an earthen pann with a little faire water in it & halfe
a pounce 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;

folio 41 verso || folio 42 recto

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 up in roubles; with a little oyle and keepe

it for your vse;

To make *the* oyle of apericon;
or s:*aint* Iohn worte

Take a quarte of sallett oyle; a pinte of white wine
putt it into a glase bottle & in may on *saint* Iohns day
gather *the* greene leaves of *saint* Iohns worte a good quantitie
the more the better; bruse them well in a stone mortar & put
them in to *the* glase & lett it soe stande in *the* sunne till *the* next
saint Iohns day which is in Iune; & crush out *the* leaues & fill
the glase againe with *the* flowers of s:*aint* Iohns worte beinge
brused & soe sett it in the sunne againe till *the* next *saint* Iohns
day the -19- of august; & then gather three good hand
full of the seede of *saint* Iohns worte & 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
cleare oyle & putt it into a glashe and keepe it for your use
take the water that remaines & putt it into a nother glase
and keepe it to wash the woundes;
mistris Malltos

To make a Calke Calke-Cake

take - 4 - galons of flower -7- or -8- pound of corranes
two 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 till 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;

folio 42 verso || folio 43 recto

To make a salue 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 ovnce 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 till it cumes
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; some
suger & a littell nutmege sliced; sture all them together then
putt in a peece of sweete butter; then lay it vpon sippets
and sarue it in;

To dres moshromps other wise called fongy

the chiefe time to gether them in is *the* first of septamber gather
the redest that are not too open 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 too much then take
parsly & penny riall; or time & sweett 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 & soe 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 houlle and *the* nutmege slicett take two or three
yolks of egges & beatt them with some elut-could creame
and when your creame boyles take it of the fier when it is
some whatt coude putt in your egges & keepe it sturring and
then sett it one the fier a littell; & putt in some suger & rose water
lay itt-sippitts in a dish and poure it one;

to make a pupy to growe noe more

take draggons bloud & muma and *the* powder of coumfrye & 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 pouder 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 consumption of the liuer;

Take a pottle of indifferent stronge worte; mayden heare one
handfull; liuer worte a handfull; 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 immediatly 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 pounce of
redd docke rootes; a quarter of a pound of pollipodium of
the oake; halfe an ounce of sene; fennyll seede; anniseede
and lycorishe; one ounce 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* fyer lett it stand soe fower
daies then drinke sixe spone full euery monynge;

folio 44 verso || folio 45 recto

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 powder
of Carrawayes seede & as much powder 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 salt; & 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 creme from spolls

take a cores cloth & putt in sume soppe and salt 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; mugewed; iner pill of elder
maden hayer that is like the violett leafe; smallage; sage; penneriall
hispe, time; fether few; cammamille; lauander; rosemary; potte
mariorim; winter sauerry; fennell; fumytory; rew; suthern wood
of ech of these a handfull picke of *the* stalkes then pull them in peces

and twist them to peces betwene your hands as smalle as you can
bee fore you boyle them the earbes must not bee washed
then boyle them in a kittell with two pound of butter tell *the* earbes
bee tender then strayne it in to a pipken & keepe it for your vse
it is good for a sprayne or an ache or bruse or swellinge; you
may keepe the earbes & frey to lay to aney of *the* grefes afore sayd
if you an oynt with it you must work it in very well rubbing it
with your hand vpe and doune and chafeinge it in well;

for the yolow iandes

take knoted ground worms outt 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 together take as much as will ley one
a grote three times a day for three days in a sponne full of posett
ayle & drinke two or three sponnefull after;

folio 45 verso || folio 46 recto

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 sune 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 eu-crushe out your woll
strewing it ouer with sune cloues and nvtmeg
lay it to party greued as hott 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~~
~~Dargen~~-Dragen water and as much Carddis
water; as mvch matradat as a small nvt 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 keepe your
felte very warme

To make Cocke water A Cordiall

Take an ovld Cocke from the barne doore the Redder the
better. 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 pounce of
Reasons in *the* sunne stoned; one ounce of Harths=horne
and if you please ^ halfe a bootele of some gould; halfe an ovnce of cloude
gilliflowers; one ovnce of marigould=flowers; one hand
full of Couslipp=flowers; halfe an ounce of beavglasse
flowers; halfe an ovnce 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
strenghte of it; and if you please you may putt some
Pearle into the glasse that stands vnder the still

folio 46 verso || folio 47 recto

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 mvst come noe water
neere them; then putt them into the still and
keepe itt close with paiste all night and in the
morning 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 wa-weak

for the sharpnesse of the urine

Take a good Quantity of greene English
Licorish scrape it then steep it in Beere and
Drinke of it all ways as often as you please

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 oppoanax of each and ovnce;
Bdelinm Amoniaeum of each twoe ounces; let them be
beatten 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 vineger A pinte or more
lett them soe remaine a day and a night close stoped
then boile them in the same wineger upon A
gentle fire of Coles that *the* gumes may melt and
when thay be thoughtly 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 thvs 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 couered that -
nothinge fall in to itt; then take oyle oliue - 2 - pound

folio 47 verso || folio 48 recto

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 stirringe it
Continually 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 beatten 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 parchmnett 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 øyoice a gane and sum lefe goold then couer it and sett itt 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 ovnce of annise-seed and carroway seed bruised and put into the sack; an ovnce of Cinamon 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

folio 48 verso || folio 49 recto

Sugar beaten vnto 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 together 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 powder 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[^] or 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 lew warme then blanch them then take a stone mortar 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 lump^{es} 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 ~~ve~~ very well; and when you vse it take a fine thine cloth or sume lawne and wash your face butt not your lipes

folio 49 verso || folio 50 recto

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* softest of it out and put it in to a littel 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 chopping 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 lett it melt when it is very well melted as it stands one *the fier* putt in sume tow or three spounfull of rose water; and lett them boyle well together then put in tow ounces of parmacte lett it boyle together then lett it stand of the fier till itt is a little could then putt in tow or three spounfull 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 itt 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 wat^{ers} 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 appells 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 beating it wery 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 disolued, then strane it in to an alibaster mortar 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

folio 50 verso || folio 51 recto

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 ienttle fier the third part away then strayne it and sweetten 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 eagges

for Ane aggue

Take a good handfull of ealder buds wash them in
newe smale eall; then stampe them & straine them
put to it three spounefulls of new strong eall and
three spounefulls of acquauity & 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 greecse; 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 aquav
english 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 therof
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 quantyie of medredate there vpon & lett ytt be put to
the pytt of *the* stomacke with *the* poynt 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 strokinge 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* eveninge or tow
howers before supper,

for the Rickets

Take halfe a pinte of sallett oyle & a good handfull of Camomile boyle these together till halfe be consumed & anynte *the* child therwith morninge & eueinge before *the* ffier 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 spounefull mixe it all together and soe anynt *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 spounefulls of newe stronge eall and three spounefulls of aquavitie and stur it well together; 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 heale 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 anniceeds; - 2- or -3- graines of ambergrece
mingle all these together; then beatt it very well with
goum draggon staped 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

folio 52 verso || folio 53 recto

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 & sune white suger canday
the white of a egge then take foure new layd egges shels
and put these things in them ~~wh~~ with sune 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 whit 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 ellder flowers and the
pouder of *the* egges shelles of each a like quantity and mingell them to
gether then take as much as will ley vppone a threepence in what
you like best euery morninge:

A: memorell how to make sassages:
after *the* Bologna fation:

Take = 2.5 ^{li} = leane *that* groweth onely vpon *the* blade of the
showlder of a hogge & : -16^{li}: of fatte or one third part lesse
fatte then leane; saltt one pwnd & halfe -1^{li}1/2 - peper
grossey brused troy waight - 4^o: 1/2 cloues bursed -1- ounce
powder of mace - 1 - ounce:

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

Take to euery -25^{li} - of fleshe; salt -16- ounces, brused
Pepper troy waight - 4 - ounces; sinamon in powder:
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 dunge and fry it in a pane with a littel butter
lay it to and shift it twice a day;

folio 53 verso || folio 54 recto

To take freckles out of *the* facee:

Take a pint of white wine vineger; a pint of butter
milke into a still full of ffemiatore; & 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 tartor & rubbe it in; then in *the* morning
~~wax~~ wash your face with *the* distilled water puttinge
in a little Ioyce of lemons, and then sleepe an houre after
Take Eyuie bereys dry and bette them small and serce
them then take as much of *the* powder as will ly vpon
a grote putt it into one spounefull of cardous water or
dragon water & soe take it & drinke a good drauft of
whit wine & suger after it & lay you to sweat or take
three dropes of *the* Cimycoll oyle of eiuy & putt it in to
a drauft of muskidyne drinke it & ley doune to sweatt,
the oyle is better then *the* powder if you can gett it,
this is to driue out aney infexsion 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 five ounces of read=led and one pinte of sallet oyle
boyle it one quarter 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 eaggles for want of them *the* whitts grind
them in a allibaster mortar 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
chilldren that is new boren one drope at a time;

folio 54 verso || folio 55 recto

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 it butt once

if you fere *the* smale poxe

Take two spounefulls of lane 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 it; 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

folio 55 verso || folio 56 recto

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
shreed them put them in to your oyle then sett
them in *the* sume as long as you plesse 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
quarter 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
graneg; & beat them butt not at[^]to 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 lemmon 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* reddes

Take horse dunge put it in to a dish & sett it one some 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 twice or thrise a day & lay it one as hot as you caⁿ

folio 56 verso || folio 57 recto

To preserue greene walnuts:

Gather your wallnuts when you can runne a pinne thorough 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 euery 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 euery pound of nutts; take a pound and a quarter of suger & to euery pound of suger putt a pinte of red rosse water; putt them in your skillett then putt in your nutts lett them boyle very softly till they are grone tender; then giue 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 euery 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 seuerally 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~~^{^ 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=browme; 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 coprise & 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

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* nutmeg; *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 vppon
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 thorou 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^ey *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 carraway=seede; one
ounce of cummen=seede; 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- houers^s
after,- when you are disposed make a little supper toste a little
toste till 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-
malmesey; eate up *the* toste & drinke *the* mallmesy; & you shall
find it to doue you great good,

9 A brouth for the stone,

Take pelletorye of *the* walle; & maiden=haire; french mallowes
yarrowe; plantaine; & parsely; of ech of these halfe a hand
full; of resones 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 of smalage & ~~stipe~~ 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 rossemary; 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 pinte of isoppe water; stilled; one quearte of good muskadayne; three good races of ^{^ case} ginger; pare them cleane & cut them in slices; & twise soe much licorish; and pare it like wise; one good hand=full of suger a candaie, grose brused; put all the in greadince togeather in a glasse amd 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 medicne 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* morninge fastinge and faste -2- howers after;

16: A medisene to clenche *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 *withthe* same & it will take a way *the* heate and greatly comferte 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

folio 59 verso || folio 60 recto

20: A medisen to breake a rotten plurisie;

Take a peny white loofe new baken & cut it in *the* midle & spread it with treacle one both *the* halues one the crommie side; & heate it as hott by the fire as you can then lay one of *the* halfes vppon *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 vppon *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 mortar; 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 vppon *the* paine & soe-soone after *the* corruption will breake;

23: A soueren water against *the* swellinge in *the* throte
of coulde flamaticke humors & for *the* fallinge of *the* vul^lsa

Take a pinte of good redd wine seath it tell a quarte^r 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 vpon him *the* fine may
haue noe power to ouer com him; & this hearbe must bee
geathered in *the* mounth of hearvest early in *the* morninge
eare *the* sunne doe rise & alsoe who that drinketh *the* iuse
of betonye it will breake *the* stone & cast it outt with the
vren; alsoe if it be drunke with honye it is good against
the dropseye; alsoe it is good for *the* out radge of wicked
blood; alsoe a pleaster maid of betenye it is good to put
away a strocke in *the* neck if it be layde thereone; alsoe *the*
iuce of betoney mingled with water of rosses & put into a
mans eare to a mend his hearinge; alsoe *the* powder of bito
ney soden with honney helpeth them that hath *the* bloody
egestymres; 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

folio 60 verso || folio 61 recto

if it be laide to it; alsoe *the* leaues of betonye to drinke *the*
iuce it will with drane *the* teares of *the* eyes; alsoe take fouer
handfull of bettonye & -3 spounfull of olde wine & -17th
pepercornes & breake them smale seath them & drinke
of it & wouderfully it purgeth *the* veanes & alsoe take
one ounce of bettonye & one ounce of plantaine & drink
it with warme water & it shall destroye *the* fower quotidian
& 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* wayghte of a
beane of *the* powder of bettonye mingled with honye & drinke
it at euen & it will ease *the* stomake & *the* degisteyone; alsoe
whoe 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 bettonye sodden with wine & holde it in your mouth & it helpeth *the* to the ache; alsoe drinke *the* iuce of bettonye 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 soothe; & as much treacle of iane as you may buy for a groate or sixe=pence; & mixe them together & putt them in a cloose vessell; & when *the* paine or greefe doth come take a peece 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 remedye 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 on a cloath & then bind it to *the* patients 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, terpine; wyxe; hony; & may butter; & boyle them together 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 together 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; egremonye; & *the* herbe called gratiu des; of ech of thes fiue herbes two ounces; & stampe them well in a mortar & after boyle them in a gallion 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 poulder & 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 thorough a strayner in to a cleane vessell & when it is colde putt awaye ^{^the} fillte a boue

and bene & beneath & 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 & ming^{le} all these together 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 quantite of goose grease; & putt all togeather in to a panne; take *the* roots of holie hockes, & seth them well then drawe it throught a cloth, & soe keepe it in boxes & when neede is lay it one a cloath & putt in to *the* wound or sore & change it twice a day & it will helpe you by the grace of good

folio 62 verso || folio 63 recto

35: Another salue for sores that be hott

Take smallage; plantane, broose worte; ribe worte; red pimpnell; & 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 pau¹esye; & leprous ¹cause

Take brimstone; white elyboure; quicksiluer; comyn, staeacer; 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 ~~to~~ 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 vppon 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 quantytie 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 pounce of sower bread that is well leaunened; & 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,

folio 63 verso || folio 64 recto

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 thorought 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 togeather; & 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 bettony; veruayne; 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 soft; 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 & ~~boyl~~-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 seth them togeather putt in a little suger; drinke it

warme & it will helpe you,

48: A suferaine water a gainst *the* pestelence,

Take peneryall; scabious; bettinoye; pimpernell,
dragons; of euery one a like quantytie; & 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

folio 64 verso || folio 65 recto

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 & eeate 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
together; then drinke it ofe,

51: for *the* megrome & *the* impostam of *the* head

Take - 4 - penny wayght of *the* roots of ppletorie
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 long 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
& hee 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 some mamsey; & *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 together & it will helpe them

folio 65 verso || folio 66 recto

56: A salue for the piles

Take longe=worte; & bruse it in your hand; putt thereto a littel may butter; & lay it to *the* grerse 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 euery of these two roots; take out *the* pitches of *the* roots; take peneyriall; vnsett tune; vnsett isope; hore=houne; 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 annesseede -2- ounces seth them all together 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; & endife
leaues; & buglasse; seth all these in a pottle of running
water; when it is well sodden strayne *the* water and
earbs 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~~ & these
will helpe you by the grace of god,

59: for a woman that hath s̄-lost her termes

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

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 giue 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,

folio 66 verso || folio 67 recto

62: A remedy for *the* crampe,

Take suett that is a boutt *the* eares of swine and
mallowes; seth them togeather; & anynt the
patecent by the fier,

63: To take away *the* skurfe or itch

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

64: Another for *the* same;

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

65: A medisine 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
drys it in an ouen; make it in to pouder; & giue it
to *the* paticante to drinke & it is an aproued medisen

67: A medisen for *the* bloody flicxe;

Take in *the* morninge 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 together
and it will helpe them by the grace of god,

68: A medisen for the gowte,

Take may butter; & halfe a pounce of cuminge seede
& a quarter of a pounce of blacke soope; & a handfull
of rue; & a little shepes suett; stampe these in a mort^{er}
take *the* gaule of an oxe; & one sponfull of baye salt
frye all these together in a panne till it be thicke
then lay it on a woleinge cloth & lett it lye -3- weeks
& every weeke take a plaster & it will lay *the* ache

folio 67 verso || folio 68 recto

69: Another for *the* same;

Take sixe handfulls of wale-wort; seth them in
wine; then strayne them putt to it a littel waxe,
oyle of specke; aqua vitie; 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 pennyworth of saffron, as much of licorish,
as much as commyne; as much of longe pepper; as
much of graynes; as much of nuttmegges; & an hand
full of sentorey; beate all these pouders together &
take one pene worth of permaceta; mixe all together
with ale; giue it to *the* patient 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 deade; 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 spotts 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 together; then drinke of it in *the* morninge; & eveninge & this shall putt the spots a way

folio 68 verso || folio 69 recto

76: for the canker in a womans breste;

Take *the* dounge of a white goose; & *the* iuce of salandine; & braye them well in a mortar & 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 see the them together in honey; make an electuary; & take one spounfull att morninge and at eueninge & it will helpe you;

78: A precious 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
again; & boyle it in a little panne & after that
straine it; putt *the* licquore 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 papas;

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 lim
becke; 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; with *the* roots of euery of them a like quantitie

folio 69 verso || folio 70 recto

and take *the* forth parte of an oxe gaule; & fry them

togeather with a little may butter; putt it in to a doble cloth; & lay it to *the* patciants 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 coddess; rampsones; & gromell leaues & not *the* seeds; still a quantitie of euery of these seuerall by them selues; that beinge doune take soe much good malmesey as there is of *the* other waters that be stilled; putt all them togeather & then still it out of a limbacke; giue of it to *the* paciante 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 paciante where *the* paine is

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

Take a sucking pigge of seuen days olde; dress it and scalde it soe 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 pottle fill it with water & put *the* earthen pottle with your infuse in to it; make a good fire under it by *the* space of eighte howers; then take outt *the* pottle with your infuse therein; putt it in a stone mortar & stampe *the* saide ingredince smale & then stille it in a stilletery or a limbacke for that is *the* beste waye of stilleinge it; & soe 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 stayer it by & by; this medisene 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 pinte of oyle a little rosen; & wax; a littel, castell sope seeth these till it waxe blacke; when it tis all most ^{^ colde} 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 mortar; take a quantitie of mutton suett; putt soe much of yellowe wax- & rosen as you doe of suett; lett it boyle halfe an houer softely & 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^eale; take water bittonye; sage
columbines; mary-golds; isope; bayes; necotia; herbe
grace; kessabolian; chicken weede; cammamell; mer-
cury; woorme wood; *saint* iohnes worte; of ech of these

folio 71 verso || folio 72 recto

one handfull; pounce them all together; then take
one pound of hogges grease; & halfe a pound of newe
sheeps tallowe; boyle all together; & when it is well
boyled straine it; putt to it halfe a pounce 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 see the them well then stampe them
take olde barroes grease & cleane barley meale boyle
all together & make a salve thereof for it tis
a ready helper,

92: Another

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

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

Take merch selfheale or pile plantin; Rib worte; browne
bugle; bronne 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 together 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 prittie quantitie of terperntine 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;

folio 72 verso || folio 73 recto

95: A uery 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 greiuous 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- ounce^{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 pounce of red lead -
boyle both together ouer a soft fire; stirring 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* fire; & 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
there till it be colde enoughte 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 pounce 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 ech alike quantitie; chope
& mingell them *with the* oyle or aquacomposite; chope
soe many herbs that *the* liquor may couer it close

folio 73 verso || folio 74 recto

& *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* liquor crushing 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 till it be almost
colde; then putt it in a cleane vessell; then warme
part of it & an^oynt your greefe; butt first rub it
with a course linnen cloth before you anoynte *the* place;

100: oyle of cammall for an ache;

Take one handfull of rewe; as much worm=woode;
& as much cammell; steepe these in halfe a pinte
of sacke or malmesy, fry it all in oyle oliue with
the wine straine it & with this anynte *the* place,
grecued as all soe *the* raynes of the back

101: An oyntment for drith in the hands;

Take -7- souer apples picke out *the* coars; & shred
them; boyle them in rose water till they be uery
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 grounsell; 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 & strayne it & putt
turpentine & a littel rosen there to & soe lett it coole

folio 74 verso || folio 75 recto

103: A receipte how to make aqua myrabilis

Take three quartes of white wine; one pinte & halfe
of *the* best aquauite; one pinte; & of *the* iuce of
celendine halfe a pinte or better; of *the* iuce of balme
halfe a pinte; of *the* iuce of spaere minte halfe a
pinte; violett flowers; gillaflowers cloues; mary
goulds; roosemary; marÿ; damask roose budds; bugeles,
borrage; 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; nuttmegs to drams; mace to drams; cloues
to drams; one sticke of cinamane as lounge as your
finger; elicumbpaine sliced & dried to drams,
orringe pills to drams; lemon pills to drams; one
spounfull & halfe of annesseede; all your spices
beinge grosely beaten; putt your flowers; iuces,
aquauite; white wine & all into to a closse vessell
& soe lett it steepe alltogether 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 nuttmegs; 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 *withthe* 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

folio 75 verso || folio 76 recto

white lead beaten in to powder; & scerce it throught
a serce; then take a pinte of oyle of neates feete
& sett it one *the* fire in a small vessel—a vessell *withthe*
waxe & rosen; & ~~then~~ when it tis moultten 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 sume 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 glaised & putt it ouer *the* fire & keepe
it sterringe till all *the* moyster be consumed then
take it of pounce it uery smalle; then pounce your
boularmenacke & mixe it to geather & keepe it for
your use; you are to add to euery spoonefull of
this quarte of boylinge water; with this water bee
inge settled bathe your leggs with clouts beinge wett
therein & sett ouer a chafin dish for halfe an hou^e^r
together 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 luantellas as pretiotius vnctment;
oyle or ballsame;

Take -3- pints of *the* best sallett oyle; -6- spoonefulls
of sacke; mingell them well together in a little
panne with one pound of *the* best venice turpentine
the same beinge first very well washed in rose water

folio 76 verso || folio 77 recto

three seuerall times; putt to it halfe a pound of
good yellow waxe & putt all these together into
the panne; lett them boyle for *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* painne & keepe *the* woonde from in
flamation & 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
especialy 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 moysture as cathars or aches in *the* bones; and
sinewes by anoyntinge first *the* partt offended
with *the* same oyle heate; & warme clothes claped
one it; it healeth *the* head ache by onely anoynt
inge of *the* temples & *the* nostrells *with* it; it helpet^h
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 anoyntinge

folio 77 verso || folio 78 recto

the same first *with* this balsume warmed & then
a linnynge cloth dipped there in & layd warme
to *the* greefe; *the* same application alsoe 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 together and
sweat vppon 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 ^{^a quarter of an ounce of sinnamon} two spoonfulls
of *the* roots of elecumpaine; pound all these & put
it in to *the* liquor & sturre it well together &
keepe it in a iugge close stopt -4- & -20- houers
then you must take -3- spoonefulls 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 with *the*
former soe still these & keepe *the* water by it
selfe; then take a pinte of each water & putt it

folio 78 verso || folio 79 recto

all together & still itt 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 droppe 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- ponde of *the* herbe when it is fullest of sape & beate it very smale in a mortar; put it in to a quarte of sallett oyle; then sett itt one *the* fire to boyle in a skillett; till *the* iuce be consumed *the* with you shall knowe when *the* herbes seme to be scorched or burn[^]d & *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 ponde of *the* best boolearmenacke when it is of *the* deppes coller it is best both for sight & tast you must pound it very smale & sift it thorought a fine smale serce then take one hand

folio 79 verso || folio 80 recto

full of egeraimonie; fō-one handfull of ter-turmentell; one handfull of scabbous; one handfull of pimpernell; one handfull of cardes one handfull of bittoney; one handfull of draggon; one handfull of sage; one handfull of woormoude; one handfull of rue; methredate; dioscordeum; treacle of iane of eche halfe an ounce then shred all these together *the* length of halfe an inch & soe

bruse them in a mortar; then take three pints of white wine & stepe it with these hearbs all to geather all night then straine *the* white wine & *the* herbes all to geather doe soe -3- times still changing your erbes & putting in fresh; then wett *the* pouder with it & soe putt *the* pouder in to a chamber windoe 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 itt; 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 & shread 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 vppon the brused place

for the winde Collicke

Take one goode hand=full 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

folio 80 verso || folio 81 recto

To make meedd

Take one gallion of runninge water; and all most one quearte of honey; boyle itt 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 corranes 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 spon
full of nuttmege & one sponfull 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* peelee & 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
peack of redd=sage shred it a little & close it in your
pye; you must bake it with housall bread: when you
dray 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
bigge as any with childe;

an exceleente poulitise 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

folio 81 verso || folio 82 recto

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 eiuey & putt
it in to a draught of muskidyne drinke it and lye
down to swett *the* oyle is better then the pouder if
you can get it; this is to driue out aney infecxsione
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 *withthe* parrisallisan ^ plaster

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

Take :3: pints of malmefey or muskadine :&: boyle in it
one hand=full of sage & one hand=full of hearbe of
grace vntill 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 penne=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 vppon a little
if you be not infected then take halfe a spoon=full thereof
morning & euening during *the* time of infection; vnder
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 quarter 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,

folio 82 verso || folio 83 recto

To make Pepper cakes for the stomacke

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

for conuoulchin 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 & anyont your backe with it
morninge and eveninge by the fier;

for Conuoulchin fittes or *the* fallinge sickness

Take allcarmies berryes & 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 some 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* liquer one pound of resons in the
sonne stoned; one pound of damaske pruens; one pound of
currance; boyle all these well together then pouer it outt
freutt & all into a pipkin; take two spoun=full of itt euery
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 quantytie of ground eiuy it groeth one churches
stampe it & straine it take as much of *the* ioyce of dayeses 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

folio 83 verso || folio 84 recto

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 twice a
day & keepe *the* cape that is next to it a quarter of a yeare

for the maynge or ittch 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; vsinge .2. spone=fulls att a time
for ech of theis viz: this receipt is best made in may Iune
and Iulie 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 qualyfie 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 pottle with fower gallons of white wine & lett *that* rest

folio 84 verso || folio 85 recto

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 *the*partie
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 deliuery;
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 bloody 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 ~~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- spounefull
of rice -2- sticks of sinnamon & a good many pruens boyle
all these to halfe *the* quantytie take one spounefull 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 vineg^{er}
one good handfull of read rose leaues crumbled smale
& sune nutt mege grated beatt them all togeather them
lay it one a clothe warme it & lay it one *thetempels* 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 sune 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;

folio 85 verso || folio 86 recto

for A bruse in the lege or anny other parte

make this poulltise; take one good hand=full of water
creses; & smalage; shread them very smale putt them
in to sune 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
poulltis ouer itt as hott as you can suffer itt

To drawe & heale aney sore
nue or ould;

Take sune alloes beatt & serce it very fine; then mixe
it with sune 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 could 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 mortar & 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 quarter of a pounce of sweete almonds 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 roulis; & soe keepe it & when you vse
it take a litle of it with a litle water & soe wash your
hands

folio 86 verso || folio 87 recto

my mothersA medicine for the wormes rece^aite

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 Nuttmegs =2= ounces; of great=mace; one ounce; alloes

halfe an ounce; steepe all these in =3= quarts of ~~the pur~~
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 euery one of these,
exceptinge *the* pomegarnate you must put *the* quantitye
of a hassell nutt of suger candÿ; if you haue it beaten
in to pouder; if not in steed 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 oÿle; 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 ca^use; & note *the* this fore saide proportion is ment
for childrne vnder *the* age of =8= or 9= yeaes; if it be
for any of elder yeaes make *the* proportions larger
as in discretion shall seeme best vnto you;

To cure *the* Cough of the longues or any other cough;

Take of isoppe water distilled one wine quarte; of the
best licorrish =2= ounces slice it thinne; then take on^e
ounce of aniseede bruse it & put both into *the* isoppe
water; & steepe it =4= houres; 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
nvr

To make A: Cake

one packe of flower: and: 5 pound of corranes;
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 prety warm
one querte of east; one pound of almons beaten very
smale with rose water; tō-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 some 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
of tiffiny; then putt them in your skillet then sett them
one a quicke fire mekeinge them boyll as fast as you can
when th^ey 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: whits; one sponfull of rose water; & some
anyseedes; & coliander=seeds beten scerced; a peece of butter
as bige as an egge 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 & scerced; mingel them well together

folio 88 verso || folio 89 recto

then sett it a while 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 sume
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 putt
sume amber=greece; & colliander=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 quarter 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 quarter 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;-

To make a dowsett pey;

Take sume veale either rosted or parboyled; & shred it
very smale with suett; & all maner of sweet herbs; then
put sume corranes & season it with suger & nutt mege and

sinnamon; then take as many egges beat as will wett it and make it vpe like egges & put a dart in *the* midst of them & lay them in the pye; with butter & sune 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=mege; 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 yolow take *the* yolks & boyle with *the* creame till it cumes to cords; with boyled creme & =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;

folio 89 verso || folio 90 recto

A receite to make napple biskett

Take -6: egges; whits & yolks; 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= quarters 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 manchett; 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 mouldinge 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 mortar

and have your water reddy in a puter pott & put
sume times a sponefull of water to them; then sett
your water one in a skillett & when it blubers reddy
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 euery 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 reddy
to boyle; then put in your almons sturring it very
well soe serue it to your table;

folio 90 verso || folio 91 recto

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 rose=mary 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 querte 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 rise very small & scerce it & boyle it in a pinte of creame; 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: howe^{rs} then take of *the* clouted creame; strew suger vpon ^{& fore said ice} it sprin kell then lay your clouted creame vpon it sprinkell it with rose=water & suger; then take *the* creame & beate it with birch till it comes to be froth; then take *the* froth off with a spone & lay it one your clouted creame iust 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 hartshorne; - & -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

folio 91 verso || folio 92 recto

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 powder

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
ielly of harts=horne; & lett them dry; the crabs
eyes are to be had att *the* Apothecaries you must in
fuse some saffron in the harts=horne ielly; it must
be taken first & last in some good liequeor if itt
be taken vpon procuring sleepe it is best taken
in cowslip poffitt ale you must take 10- or -15-
graines 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* ittch

Take one penny=worth of wood bittony & bruise
it in a mortar, 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 & rubing 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

riosing or aney other ac^{ci}tidavite

Take a coumpbery roote & scrape of the
blacke then scrape it on a peece of leath^{er}
it will spread like salve soe lay it on *the*
part greued; it will ly on till you are well

folio 92 verso || folio 93 recto

Aquamaribus 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;
bruse *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 secret nature it restoreth *the* longs beinge
wounded 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* summer; & winter once or twice a weeke
fastinge the smalest for a child it is good for
a Consumption;

To make a quackinge pudinge

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 pudinge

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 sweette 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 scalding hott
to take it offe & put faire water to it & beatt it

folio 93 verso || folio 94 recto

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 Loosenes;

Take a pinte of milke thicken it with
a manchett grated *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 pinte 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 vpon 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=^{ny}worth of cloues; a penny=^{ny}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 together 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
euery morninge & eveninge goeing to bedd; before you drinke
there of shake *your* bottle; you are to drinke it could

folio 94 verso || folio 95 recto

To make a butter to Curle
the heare

Take one quarter of a pound of fresch butter and
clariffye it & scume it cleane then putt into itt
~~halfe~~ an ounce of sirrope of rosses & :2 graines
of Ciuet & so beat them well together and
putt it in a pott so keepe it fore your vse

To make ~~vin~~-veriuice of grapes

Take ~~v~~-vnripe grapes; prese out *the* Iuice & put it in white
fruite disshes & in *the* bottome of euery 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 conserues of roses which take out of the dish &
put 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 preserue damosens

Take their waight in suger then cutt *them* crosse *the* top and cutt off *the* knot at *the* end of *the* stalke then put with the iuyce of sum stewed damosens wett *the* bottom of *your* suger then putt in *your* damosens strew one the rest of *your* suger boyle *them* gently & close couered till they are tender then boyle *them* a pace & scum *them* as it doth rise when they are enough putt *them* vpp in galy potts

an other waye

with their waight of suger make a sirrope & put in *your* damosens & so boyle *them* till they are enough

To make Iumballs

Take fine flower suger *the* whites of eggs rose water & warme creame make it into a litle 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 liquoirishe & anniseeds boyle these in a pint of faire water till a *quarter* of it be boyle away & when set vse it straine it & drink it warme

folio 95 verso || folio 96 recto

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; & pumpions; *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 mortar & 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; *whenthe* oylis 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 melteth 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* mortar *that* beeing a little warmed *then* stirre it extreemely with a pestle as it vere grinding; & be still dropping in a little & little *the* oyle till all bee sure to be grinding it *withthe* 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 & haueing 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 milke & 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 shredd it very small & a handfull of flower then tye it up round & lett it boyle :2: houres; then take

white wine & butter & vineger & rose water & suger beate
them well together & put it vpon the pudding

folio 96 verso || folio 97 recto

An other pudding

Take a lambes ptenance or a calves gather & boyle *them*
together *then* lett *them* stand till they bee could *then* shredd
them with beefe sewett as small as you can possibly *then*
take cloves mace & nuttmeges 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
suger 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 vewg-verjuce and suger

For a baked pudding

Take a quart of creame *then* yolkes of :6: eggs beate *them*
well together *then* take suger salt & nuttmegg seson it
to *your* taste *then* take sippitts & lay *them* all ouer *the* dish
bottome lay upon *them* arowe of raysons *then* arowe of
marrowe cutt in smale peuce vpon *them* an other rowe
of raysones & sippetts as before *then* outt sippetts
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 suger nuttmegg and bake it;

To Bake a rump of beefe

Take a rump of beefe & season it as you doe venison
& bone it *then* take a pinte of clarrett wine & a
pinte of water a bundle of sweete hearbes a hand
full of suger & :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
houres w:*hen* you dish it take it vp cleane after
wards putt some of *the* liquor into it with sops & sippe^{ts}

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: 8^{lb} of beefe sewett 18: eggs :2: ounces of cloves & mace mingled together 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 gutts

folio 97 verso || folio 98 recto

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 shredded 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* gutts 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 imbided with fitt reddinesse cores
pondent to *the* anchovey 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 salf & 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* ffishes 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 ffish
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;

folio 98 verso || folio 99 recto

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; kept 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* forthe 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 dried rose leaves; *then* take civett oyle of almonds & mvske all well ground vpon a marble stone & therewith anoynt *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 be fore Saint Iamses tide lay *them* in a glase betwene euery lay of plomes strew some salte when the glasse is full of ploms put as much white salte wine vinegare as will couer *the* plomes *then* lay a paper one *them* & a treancher one *that* & greate waight or a stone one *that*; you shoudl looke some times one *them* & bee suer *that* thay 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;

folio 99 verso || folio 100 recto

For the Dropsey;

Take :6: cloues of garlicke boyle *them* in oate=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
linnon 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 anynte *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 povnde; 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 break*them* in little peeces one
ounce of greene copris one ovnce of gumb ara
back a peece of allum about *the* biggnes of
a haselnutt if you wvld have it shine after
it is writt *with* 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

allum & let it stand three dayes

folio 100 verso || folio 101 recto

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 ientely 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 aney swellinge
all though *the* bone been broke
Gooddey Cotes or out of Ioynt

Take a pinte 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 vinegare 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 pinte 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 trotters leave out *the*
corrances

folio 101 verso || folio 102 recto

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 clawes vpone one
foote one of those clawe must bee rasped and
maide in to very fine powder; *then* take *the* poude^r
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
togather equally & some leafe gold rubed betw^{ene}
your fingers; giue as much of these powders
as will ley one a groat in one spon=full of
sirrope of peyoney & cowslipe water it must
be twice so much water as sirrope & shake it
in *the* glase togather giue this in *the* fitte and
an houer after as much more so till you have
taken :3: of those papers; lay a plaster of
metharadat & nutt=meg one leather to *the* stom
ack; & make tow little bags of saffron to lye

folio 102 verso || folio 103 recto

to *the* arme pites & anoynt *the* temple *the* nostrrels
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 corral & 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 peece then rest
as you find cavse but against *the* chaing of
the mone giue three papers of each powder
& giue *the* sirrop at aney time one spon
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 march 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 sponfull of this
water & :3: or: 4: spon=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

folio 103 verso || folio 104 recto

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 monthes 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 together; *then* take a spon
full of sweett hearbs minced very
smale also :6: ounces of orringado
mince it & *then* season all these with a

folio 104 verso || folio 105 recto

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 itt
vpp in long bales, about *the* biggnes of
an egg; in every bale put a good peece
of marrow put these into *the* pie & *then*
put in a quarter of a pound of butter
& halfe a sliced lemmon; *then* make a
cawdle of white wine sugar & veriuce
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 pinte 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

iust 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,

folio 105 verso || folio 106 recto

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
ovrres 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 oyntment for aches; bruises; 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 sheepes=svett cleane picked three
pounds; all these must be stamped together
vntill none of *the* suett be seene 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

folio 106 verso || folio 107 recto

Eight dayes in a seller & *then* take it out
being mouldie & breake itt into a brasse
pan & make a soft fire vnder it all
wayes stirring it vntill *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 together; 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 drene away *the* water & dry *them* with a
cloath *then* poure vpon it marcury water
halfe an ounce to a pounce 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 these roots scraping and
pickeing *them* cleane letting *them* ly in water one
night *then* beate *them* in a stone mortar prety well
all soe take a quarter of a pounce of bitter
almones blanched & beatt *them* well *then* take one
lemon or tow; one pome water apple pared
& sliced in halfe; an ounce of camphire
after *the* almonds are beaten heate *your* mortar & then
beate *the* camphire & mixe all these together; then
take a new earthen pipkin *that* is well leaded and
seasoned put in all these 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 water *then* 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 litle peces put
it in to *the* pipkin being made cleane put together
with it to every pound of *the* caule halfe an ounce of
spermecey & 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 quarter of a pinte of each :6: drops of white
amber & :6: of sp̄oyle of cloves; you must melt itt

folio 107 verso || folio 108 recto

with a little more spermecey & 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 ^{^Read} cherrys & pulle out *the* stons
4: pound of suger; 2 ounces of sinamon
1 dram of cloues :1: drame of mace; all your
spices finely beaten; to euery pound of
cherrys a quart of spirits or brandey wine
put them all in a bottle ^{^ glasse} together close waxed
lett it stand in *the* sun while towards
michaelmas then strayne it out in to botls
& put in :2: or :3: of the cherrys in to euery
bottle stope *them* vp close & keepe *them* for use

To make Poppy water to mixe
with Cherry water:

To a buschell of poppys :2: peniworth of
pimpernell; one porringer of sacke: strewe
the sack vpon it as it stills then mixe halfe
this poppie & halfe this cherrie water to
gether when you vse it for a surfeit giue
a good claret glass full at a time;

To make a water for *the* face

Take one ounce of borax; one ovnce of white
suger candy; one ounce of white poppy=seede
one pinte of plantaine water; one pinte 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
straine *them* out; take a dousen of bitter almons blanch
and beate *them* & straine *them* with some of *the* water, then
beate *your* with boraxe and suger as fine as you can & put it in
to *the* water when it is disolved put it into a glasse
to a pinte of *the* water put in *the* white of an egge
beaten to an oyle and shacke it very well put in halfe
a pound of pine a plercanalls, beaten & straine *your* seeds
of poppy often & put in *the* forthe & all of *the* egge it
must be new layed;

To make a siment for earthen
dishes or aney 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 together & when thay 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

folio 108 verso || folio 109 recto

them close together 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
enough *then* put in *the* last of *your* suger & soe
boyle and skume itt 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
ielly take soe much suger & when *your* cherrys
is almost enough put itt in and boyle it together

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 Sciues

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
solue 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;

folio 109 verso || folio 110 recto

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
cleane & 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 poppys 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 in=ward 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:

dramas; of honey two ounces; of allowes, tacia
surcocella, of each halfe an ounce; suger candy 6,
dramas put all into a limbacke & distell in balnes
put of this water; 2: drops in two each eye morni
nge & 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* pouder 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

folio 110 verso || folio 111 recto

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 cammomile; 2: nutt=megs sliced
boyle it to a quarte; drinke *that* warme 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 Corranes 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 & almost *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 t̄-for an Isheu

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

Mrs Moore

To Make Ioyce of Licorish

Take :1: quarter of a pinte of Ioyce of Coullts foute claryfie it *withthe* white of an egge; then take halfe a pinte of Issoppe water & fower ounces of powder of Lickorisch; put all these togeather in a skillitt to infvse about an hower but not boyle *then* straine it thorowe a cloath cleane *your* skillett againe; put into it fowre ounces of doubbell refined shuger & two ounces of white shuger canday beaten fine; boyle all these togeather sturring them till you can see *the* bottome of *the* skillett; then power it vp on a dreser borde & with a sticke work itt till

folio 111 verso || folio 112 recto

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 dried of powder of powder of balme & penneroyall as much as will dye one a sixe pence and 4: ounces of dubbel refined suger in fine powder put all these togeather & 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 twice a day this with out faile
will cuer it & heale in a short time;

Mistris
Adkines

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;

folio 112 verso || folio 113 recto

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*
ioyce 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 vppon hur take a new
layd ^{egge} & beat it with sume sinamon water
soe giue it hur to drink;

my Lady Corbett

To kille^{Cuer} a fistulay
if it bee downward
it is Cured *with* the more case

Take rite verguse ^{vrrin} & as hott as it can be
suffered wash it but not scald it then
dipe blacke wolle in netts=^{foottoyle} & soe
to mellow it and it will healle it,
you must vse 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
keepe diuers yeares; you may straine it

Mistris More

For the Pilles

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 oynt=^{ment} then take it
ofe *the* fire & put in as bige as a nutt=^{meg} of
yollow francumsence sture it till it is mellted
soe straine it in to a pott when you vse it warme it

dip a ragg in it & lay it one it will cuer them

folio 113 verso || folio 114 recto

mistris Moore

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

Take halfe a lb-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 & mellit it one *the*Fier so put it vp for vse; you must spread
it one a peece of cape paper & lay it a
boue *the* swelling or gangaren;

m:*istris*
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=mege & longe=peper al to gather :1: ounce

beaten fine mull it together 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^ach one ounce; with syrups of *the*iuyc of lemmons make *them* into a mass;
A Scruple of these taken at night going to
bed is a notable preseruative in pesti-

lential times;

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;

folio 114 verso || folio 115 recto

Mistris Ackins

For the Scurvey;

Take *the* rine of a good lemmon & cut it in peeces
the lant of one ioynt of a finger boyle it in
3: pintes of small alle halfe a way then
take *the* better halfe & sweetten it with good
life honey *the* other parte keepe *the* lemmon
& morning; noone & night take: 3: spone=fulls
of *the* honey drinke & euery 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 aquitiëuitia
ginger Cloues; mace scinamon & nutt=megees 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 poulder sugar; still *the* rest *which*

you strayed, out to make *with* surfett water
sweten it with polder suger & sett *them* both in *the*
sunne,

~~mistris~~

Ackins *the* older

To make a poultis for a brest or seage
or aney swelling; *the* Pox or plaue
exceptted 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 uery
small; boyle them all together 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 poultes boyle,
it & apley it hott; pas much souer leuen
as an egge you take rey meale and
heres suett

folio 115 verso || folio 116 recto

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 pouder of
ginger as will lye one a knives poynt 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=^{tine} 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 sacke boyle all them in *the* sack
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 £
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 English liquorish cleane scraped & slised
very thine & steepe in thes waters :24: howers
then beate it in a stone mortar 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

folio 116 verso || folio 117 recto

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* sonn stoned
a peny nutt-meg sliced as much sennimon
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 together
in *the* fore said water for -9- days then straine
it out & put into euery 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=Mirabillis

Take gallingall; ginger, qubibes; mililot
mace; cloues; nuttmegs; cordinum seedes; of each
one drame of *the* iuce of balme; sperminte; 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 *that*the 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 healeth them
it suffereth not *the* blood to putrifie; it despeseth
mallancholly it expelleth *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
pon; 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 pounce
of french barley *the* whitest you can gett and
boyle itt very tender in :3: seuerall water
& lett it be coold *then* but both cold together
then put to it a blade of mace; one nutt=megge
cut in quarters a race of ginger out in :3: or :4
peeses; 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 bowler
strayner & rube *the* almonds *with* a little of the
thinst 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 while
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
again & 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;

folio 118 verso || folio 119 recto

To staye the rume of *the* eyes

Take *the* ioyce of Sallan=dine; 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 scaldes 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 stur 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 peny=worth of venise

turpen=tine; & as much other turpentine
& one peny=worth of vardigrece; put in
all togather to a skillet & lett it simper
till it is melted *then* put in *the* vardigrece
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 ouer a softe
fire till thay are melted *then* strayne *them* out

mistris Bertue

for a hott rhume in *the* eyes

Take one peny=worth of poweder of buttie
as much straberry water & as much sucery
water shake it togeather & wash *the* eyes
one peny=worth of powder 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:^d an ounce

folio 119 verso || folio 120 recto

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 ^ to all
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
oliue & 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: howers *then* lett it haue one boyle *then* straine 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 & slicke it with a slicke stone anynt *the* bely with this oyle & lay one *the* paper and anynt *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 pruanes stew *them* in two quarts of alle *then* put in sume suger drinke *the* liquor as you plesse 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

folio 120 verso || folio 121 recto

about :3: pints being very well glased within *then* put to it a pinte & halfe of vineger & let it steepe :24: howers *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; alwaies string it *then* take a peece 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 alwaies 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
vntill all *the* gumes bee consumed for it will requirie an
oure *the* putting in of *the* foresaide gumes & when you see
it beginnes to be coulede 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 aristologia 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 *your* fingers 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 annointe *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* cou^vmeth 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
fle^ash to breade

folio 121 verso || folio 122 recto

4: for synnewes cutt or shruncke :5: good for bruses
6: pricking of thornes nailes or aney other thing
7: biting of veny=^mous beastes ^ 8 : ripeneth impos-
tumes boyles or aney other: 9: good for a cancker
10: alsoe for a ffistula; 11: for *the* shingles; 12: s:^t ant
honys fire; 13: all kinde of aches; 14: all kinde
of woundes; 15: bones out of ioynte; 16: two
plaisters is sufficient to heale any thing;
&: *the* plaisters is to be sprede vppon white
shipes lether; 17: it is very good for cornes
& for scalds or burnes

Mistris Martha
Reeue:

For burnes or scalds;

Take a pound of kidney mutton suett one hand
full of house=lecke as much or pain & a good quant^{itie}
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 coppice & as much campher beate *them* very fine
to powder 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 ^ffire & 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 phission & a greate;
cunning man of longe experience did
vse & there *with* did many cueres & all
wais kepte it secreate 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; sinam
mon; 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 stirring it diuars times *then* still it in a limbeck & keepe *the* first water by it selfe 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 comforeth *the* spirrits vitall & presserueth greatly the youth of man & healpeth all inuarde disseases comming of cold & against shakinge of *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* gowte it healpeth *the* tohoke ache it comforteth *the* stomacke very much it cureth *the* colde dropsie it breake^{eth}*the* stone in *the* bladder & in *the* raynes in *the* backe it cureth *the* kanker it healeth shortely a stincking breath & whoe soe euer vseth this water ofte it preserueth hime in good likinge & 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 iudged him not able to liue one year *which* hee did

confesse a little before his death sainge *that* if hee had had anie sicknes *that* *then* hee tooke noe other medeicne *then* this water to drinke & alsoe *the* arch-bishoppe of canterborrie fownde much casse and goodnes therein & liued tyll hee was not able to drinke ofe a cuppe but sucked his drinke onto of a hollowe pipe of silver; mr sargent whoe learned it of *the* arche=bisshoppe & 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 wormeewood water
stilled in a rose water still & : one quart
of white anniseeds water sweeten it
with lofe suger & set it in the still
and so still it again

Mistris
moore

For the yellowe Iandous

Take one quarte of muskadine & a good
quantity of new sheeps dong steepe them
all night then straine it & put in two

folio 123 verso || folio 124 recto

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 peeces fower
races of ginger cutt smale *the* guice of one
lemon *withthe* peelee put in & fflower branches
of rose=marie, let these 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* parcelly & stur it
so lett it stand one houer *then* straine it and
drinke 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^r
& 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

folio 124 verso || folio 125 recto

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 lemmon 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
aney sore;

Take :3: sponefulls of venice turpentine
& 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 itt

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 thay 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

folio 125 verso || folio 126 recto

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 *the*elder

For Convlein fitts

Take wood live or soues & shred *them* small :3: at
furest fitt :75: *the* nexse & :7: at *the* thirde in a sponse
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 corroupcion
and to heale them ;

Take brambell leaues; honnysocket leaues; A
allehouf; ribbewort; of each a handfull shred
them very small then put *them* into may butter
or new cream so boyle *them* together then put in
a little turpentine & 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* itt

my Cousen Richard
Redman

For A surfett

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

Iohn 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

folio 126 verso || folio 127 recto

Mistris ~~vnter~~
Taylor

For the wormes in Children
or for elder peopell

Take :1/2: a pint of Ioyce of lemmons; 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 together
this will bee for three parsions to take;

mistris andrews

For the wormes ^{Children} and other

Take some garlicke pill it cleene *then* boyle itt
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^eger & as much
fare water; & one quart of honey
when *the* garlicke is well drend out of *the*
water boyle *the* uineger water & honney to
a surop *then* put in your garlicke 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 garlicke and put
it in to your surrop

mistris booin

For the grauell and ston;

Take plantain parsley & mare=gosol leues
soe still *them* in a cold still when you find *the*
fitte comming drincke half a pinte of this
warter :3: morninge to gather; then take
halfe a pound of honney for thries & one quarte
of all will be enou^oth-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 together stur *them* together 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 ~~greins~~ ^{graines}
& as much blacke peper. beatt 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
chicke; 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 he^arbes 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 *thespoone*, to wach it cleane, you must put
likewise into the glase of water 4 ounses of
loafe sugger, beaten small. /

folio 128 verso || folio 129 recto

folio 129 verso || folio 130 recto

folio 130 verso || folio 131 recto

folio 131 verso || folio 132 recto

folio 132 verso || folio 133 recto

A grane } [symbol] is one corne
A scruple } \mathfrak{D} : is rr
A drame } \mathfrak{z} : is threscore
An ounce is thus marked } \mathfrak{z}
A quart } qr:
Libre } lib:
serais } [symbol] :
manipuli } m:
pugillis } 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 euey waight, manipulus is a great hand
full, pugillus is a little handfull, Anna signifieth
of each a like much;

folio 133 verso || folio 134 recto

Alchimy or spargyrike are accounted amongst
the fore pillers of meddecine and *which* openeth and demonstrateth the compositions & desolutations
of all boddies together with ther preparations all
terations & exaltations *the* same I saie is shee *which* is
allchimy 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 collour another uertue & another nature
and propertie as for example when linnen ragges are
turned into paper, mettall into glass skines or leather into
glewe & hearbes into ashes ashes into salt salt into water
& mercury soe moueable into sinnibar & powder;

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 dissolving 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 leaueining 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 moyst
matters to make it more
pure and drye

fixation

is to make *that which* is thinne
to abide *with* his body
besides all these are diu-
ers others workings as
dissolutions is to dis-
solue *that which* is grosse

putrifa-
ction

is *the* meane to generation
exalltation
is euaporation of *the* Im-
puer humor,

rectification

is a reitterated distallat

ion to perfection,

coagulation

is congealing of moy

stur

cohobation

is a repetition of dis-

tillation by *which* the liquor distilled

is poured upon the

fecees & distilled again

folio 134 verso || folio 135 recto

folio 135 verso || folio 136 recto

folio 136 verso || folio 137 recto

folio 137 verso || folio 138 recto

folio 138 verso || back endleaf 1 recto

I haue

back endleaf 1 verso || back inside cover

back outside cover

spine

head

fore-edge

tail

