

*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](mailto: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.*

Last Updated: 27 April 2020

## **V.a.456: Medicinal and cookery recipes [manuscript], 1626 June, 1702-1758.**

**front outside cover**

**front inside cover || [folio i recto]**

many  
hands  
hands

Katherine Thatcher  
1712

II many  
For: the Cloth bead  
November the 28  
to the dyer 0:9.0  
for tape 0: 0: 8  
for Laice 0: 4: 5

same  
TC a salver worth : 10:17 at 7 to  
a  
3:0:7

47  
21:2  
61  
71 1

80  
21  
80  
160  
1680  
720  
240

**[folio i verso] || folio 1 recto**

tak  
c/

egs

Mary Baumfylde.  
her booke. Iune  
Anno. 1626

*per* mr Abraham: Somers.

~~Katherine Foster~~  
May 1707  
Katherine Foster  
Iuly 1707

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

i For sore eies & to cleere  
the eie sight

Take a howse snayle & pricke the  
lower part of him & there will  
issue out cleere water take that  
and drap into *your* eie but prick  
him not to deepe lest it com thicke  
and then it is naught *probatim*  
My dear Aunt Cotterells  
*dyed* March. 29. 1758.  
Aged. 81 January

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

2 A receipt for snow

Take a pinte of thicke creame  
a spoonefull of rose water, and  
a spoonefull of sugar, beate them  
together untill it be froth and  
as the froath riseth taketh it  
of, then boyle creame and eggs  
together and put into the bottom  
of a dish, and when it is colde  
pick the snowe upon it.

3

3 To make biskett

Take viii eggs the kenings taken out, and  
vi spoonfulls of rofwater and beate it  
together halfe an hower, then take  
3 a pound and a quarter of fine

drie flower and asmuch sugar  
finely beatten, halfe an ounce of  
annisseed; a quarter of an ounce  
of caraway seede, cleane picked  
and rubed a little colliander  
seede brused a little fine pouder  
of ginger then put all these  
together to the eggs and soe beat  
it ii howers and bake as you see  
good eyther in plates or coffens  
put some sugar vppon them before  
you put them in the ouen and  
wett them vppon with roswater

**folio 3 verso || folio 4 recto**

4

4 To make Almond cakes

Take a pound of Iordan Almondcs  
blanch them pound them small  
putting a little rosewater in the  
beating to keepe them from oyl  
then take the whites of viii eggs  
and beate them very well, then  
take i pound of loafe sugar, pound  
it very fine, and iiii ounces of  
fine drie flower with 2 graincs  
of muske and one of amber grees  
beate these things with the whites  
very well then put in your almon<sup>ds</sup>  
and beat it altogether; / butter  
your plates and soe bake them

**folio 4 verso || folio 5 recto**

5 for a Canker in the mouth

Red sage, rew, Rosmarie woodbine leaues  
and plantine, of each of these a hand  
full, boyle them all a good while in  
vergis then straine them, and putt  
into the liquor yf it be a pint, ii  
spoonfulls of honney, and a peece  
of allome as bigg as a wallnutt  
then boyle the liquor againe and  
skum it, and wash the patients  
mouth bloud warme twice or

thrise a day

6 To stop bleeding at the nose

Take amber grosly beatten, and burne  
it in a chafing dish of coales  
and let the smoak goe into the  
nose

**folio 5 verso || folio 6 recto**

6 To make white Hippocras

Take a quart of white wine and put  
into it iiii ounces of Synamon  
brused and halfe an ounce of mace  
iii nuttmeggs and halfe a pound of  
fine sugar, and let it steepe 24  
howers, then take a Jelly bagg and  
put a little fresh Synamon in the  
bottome of it, and 2 or 3 slices of  
ginger, then take a pynt of new  
milke, and power a little of the  
milk and a little of the wine  
and soe power it often through  
the bagg vntill it be cleare

**folio 6 verso || folio 7 recto**

To make white leach

Take thick creame and put sugar &  
whole mace into it & a pretty peece  
of ising glasse, as much as you thinck  
of will make it stiffe, and soe let  
it boyle a good while, then take  
your almonds readdy blanched  
and pounded with rosewater, then  
take of the creame, and straine  
the almonds into it, then set it  
ouer the fier againe and let it  
boyle a pretty while longer, and  
when it is all boyled put a little  
rosewater more into it, soe put it into  
a faire dish, and let it without ioging  
stand still it be cold, you must  
remember to lay your Isinglass in

cleane water, i hower or 2 before you  
goe to make *your* leach

**folio 7 verso || folio 8 recto**

7 A receipt for the yoellow Iaundes  
approoued by mrs Rogers

Take of the young leaues of haertie  
chocks that grows in the middle  
and boyle them in beer and drinck  
it warme three mornings together  
fasting and eating nothing in two  
hower after.

8 To deliver a woaman of a dead child

Leeke blades & skale them in hott water  
and binde them to her nauell and  
she shalbe deliuered take them soone  
away, or they will cause her to cast  
all in her belly.

9 For the Collicke and stone

Take peascod shells and destill them  
and drink the water therof  
it is an approued medicine.

**folio 8 verso || folio 9 recto**

i0 To stop bleeding inwardly

Take Oaken leaues, plantaine Leaues  
bramble Leaues the flowers and strings  
of wild tansie: and yarro<sup>w</sup>  
of each halfe a handfull, boyle all  
these in posset drinke and drinke  
a good draught euery morninge  
& eueninge with a little Bole  
armoniack mixed with it, and drink  
a pretty draught after it to wash  
downe the bole.

Take the same hearbs and boyle  
them in smythes water, and wett  
a double Cloath therin and aply  
it to the stomache warme.

ii to stop bleedinge in a woond

take a linen cloth and wet it in  
white wine vineger and then burne  
it to ashes and so lay it vpon the woond

**folio 9 verso || folio 10 recto**

Stoc  
But why (you'd say should I abroad  
For happiness Repair  
Will distant Climes or new Aboad  
Discharge the mind from Care  
Yet let me try if Fortunes Smiles  
Or frownes I'll be Resign'd  
Enjoy the good or bear it's Ills  
With a Submissive mind.  
Catherine Thatcher Verses 1707  
Saint Mary @ Hill. Billingsgate

**folio 10 verso || folio 11 recto**

once a Day  
once a Week  
once a Month  
once a Year.

**folio 11 verso || folio 12 recto**

**folio 12 verso || folio 13 recto**

**folio 13 verso || folio 14 recto**

A Soueraings Water of Doctor  
Chambers Phisicion *which* he long  
tyme vsed and did many Cures,  
and kept it secret till a little  
before he dyed, And then the  
Bishope of Canterburie gave  
it of him in writinge.

Rx. a Gallon of Gasgoine Wyne,  
then take ginger, gallingale  
Cynamon nutmeggs, graines  
cloues, mace, anniseeds, fennell  
seeds, and Caraway seedes,  
of each of these a dram; Then take  
Sage, red mints, rose leaues, Time

Pellitorie of Spaine , Rosemarie,  
Wilde time, Camomile, Lauender  
of each of theise a handfull.  
Then beate the spices small  
and alsoe the hearbs, and put  
all into the Wyne and let it  
stand xii houres stirring it  
diuers tymes, then still it  
in a Limbecke, and keepe the i.<sup>st</sup>

**folio 14 verso || folio 15 recto**

first water by it selfe, for it  
is the best, keepe allsoe the  
second for it is very goode.  
The virtues of the same  
It Comforteth the vitall spirits  
and helpeth inward diseases that  
cometh of Colde, and against it  
shakinge of the palsey, it helpeth  
the Conception of Women that  
be barren, it killeth the Wormes  
in the bodie, it helpeth the ++  
stone in the Bladder it Comfor  
=teth the stomacke it cureth  
the colde Coughes, it helpeth the  
toothache, it cureth the colde  
dropsies, ti helpeth the diseases  
of the Raines, it helpeth hpt  
=ly a stinkeinge breath, and  
whosoeuer useth this water  
some tyme and not often, it  
preserueth him in good health  
and shall make him to seeme

**folio 15 verso || folio 16 recto**

Younge very longe, it Comforteth  
nature merveilously. With this  
water Doctor Chambers preserued  
his life till extream age Would  
suffer him nether to goe nor  
stand any while, and he Continud  
for fiue yeares, when all the  
Phisitians iudged he would not  
haue liued, and he Confessed  
when he was sicke at any time  
he neuer used any other mede  
=cine but only this water, And  
if it stand in the sunne all

the summer it will be the  
better. finis.

folio 16 verso || folio 17 recto

A receipt of Clarie Water

Take the Flowers and leaues and still  
them in a Colde still, then take  
*your* water and draw it twice in  
a glasse <sup>^ still</sup> close luted of one quarte  
of Water *that* you put in draw out  
but a pinte you must let it drop  
into The receiuer upon muske and  
ambergreeces finely ground and put it  
into a litle bagg, then take spirit  
of wyne and put into *your* water, for  
euery pottle of water a pinte and  
a halfe of spirit of wyne, then take  
Sugar Candie as much as will make  
it sweete, a pound for euery pottle  
when *your* sugar is desolued in the  
Water you must filter it through  
a Tunnell of cap paper *which* must  
haue no hole in it, but must be  
sowed up uery close that it may  
soke through the paper and drop  
very leasurely, and let your muske  
and Amber hange in the glase and  
soe use it when you haue Ocasion

folio 17 verso || folio 18 recto

+ A Bath for an Olde Soare

Take a good quantitie of Iuie that  
grows our the ground for a gallon  
of faire water, and to the gallon  
of water take a pound of sheep  
suit, boyle it till halfe be consum<sup>^ ed</sup>  
then let the partie hold ouer  
the soare that the steeme of  
the liquor may come to it till  
it be eolde soe colde that the  
partie may put in the soare  
and soe bathe it very well  
and binde some of the hearbs to  
it, doe this three mornings one  
after another.



+ An oyntment for any soare brest

Take ii handfulls of sealf heale, one handfull of ~~of~~ ground Iuie one handfull of ~~ground~~ Dasies, roots and flowers a handfull of plantaine one handfull of parsely shreed all these hearbs and boyle them in fresh Butter, then strayne it and keepe it for *your* use.

+ To stop bleedinge inward or outward.

Take toade spaume and beate it all together very well till it come to an oyle then take raggs and dip in it seauen or eight tymes and drye <sup>^them</sup> euery tyme you dip them in the same, and lay ~~tø~~ one the wounde, if it be inward if you lay it one your stomach it will stay presently.

+ Another to stay bleedinge

Take stoney and the poudere of Ginger being mixt together then boyle it and make it into litle pellets and take them, if it be outward aply it in forme of a playster.

**folio 18 verso || folio 19 recto**

To preserue Apricocks or any other greene fruite.

Take *your* apricockes when they be bigg growne before they turne from being perfitt greene, put them into luke Warne Water in a pan and couer them ~~intø~~ with a dish as the plums may be under the water and when that groweth cold, put them into another pan of hotter

water, keeping them couered as  
before, and thus continue still,  
shifting of them in hot waters till  
the ~~ut~~ outmost skin pill of, which  
skin is no thicker then the purest  
Laune for if you goe too deep with  
the skin you take of the co<sup>u</sup>ller  
when the skin is of let them  
simper ouer the fire, in one of  
the former waters, till they be  
tender, still keepinge them couere<sup>d</sup>  
then haue *your* sugar readie, of  
the finest and whitest, you can  
get, put *your* plums into it, and let  
them boyle softly, till they be

**folio 19 verso || folio 20 recto**

sweet to the stone, boyle not  
*your* sirope to too great a height  
for spoyling the couller for the  
whiter *your* sirupe lookes, to the  
greenest of the fruite, the more  
beautifull it will be, you may  
hang in it a bagg of muske or  
Amber greece as you like, and  
this way you may doe any  
other green fruit that is to  
be preserued greene. this way  
you may preser<sup>ue</sup> green pesc<sup>o</sup><sup>ds</sup>  
put they will aske a longer  
boylinge, you must take of  
the skin allsoe.

**folio 20 verso || folio 21 recto**

To make white metheglin

Take iij gallons, and a halfe of water  
then take marierome, winter sauerie  
egremonie & broade tyme, of each  
a handfull, parsely rootes, and fennell  
a handfull, the pithe beinge taken  
out, cloues and cinamon of each  
halfe an ounce, put the spice in  
a bagge, and when the hearbs  
and rootes are washed, put *them*  
into the water and *your* bagg of  
spice, and let it boyle together  
halfe an houre, then take  
out *your* spice, and cleanse *your*

water from the hearbs, then  
put iij gallons and a halfe of  
cleane water to this liquor, *which*  
is boyled, and put to it a gallon  
of the finest water<sup>honey</sup> you can  
gett: then you must laue it  
all together six houres, then  
take a new layd egg and put  
into it, & if he swim the bread<sup>th</sup>

of a groate, then tis stronge  
enough. if not you must adde  
more honey, and laue it as you  
did before, and when you think  
it strong enough, set it one  
the fire, and as it boyles scum  
it very cleane, and you must haue  
in readines the whites of thirtie  
eggs beaten to a froath, to put  
in soe soone as it is scumed.  
then take it from the fire,  
presentlie and run it through a  
Iellie bagge, and let it stand till  
it be very cold, then put barme  
to it, and let it stand foure and  
twentie houres, and then tun it  
up, and hang on the bagg of  
spice, and when it hath done  
workinge stop it very close, and  
in the month or six weekes you  
may drinke of it.

**folio 21 verso || folio 22 recto**

To preserue Rases.

Take a pound of sugar, and put to  
it a pinte of water, and boyle it to  
a thicke sirrupe, then take <sup>it</sup> of the  
fire, and put therin as many rases  
as will lye one by an other, then  
set it one the fire, and let it  
boyle up all together, then take it  
of the fire againe and soe let  
it boyle up three tymes, and then  
they are readie, and soe put *them*  
up and keep them soe long as  
you please. if any of *your* rases

breake, take the whole out, and  
strayne your sirupe through, a  
peice of tiffanie to keepe backe  
the seedes.

folio 22 verso || folio 23 recto

+ To pickell mutton Cowcubmers

Take the fayrest of yor young xx  
cowcubmers, and wipe them very  
dry, then make your pickell with  
halfe water and halfe vineger  
and some parings of the worst of  
the cowcubmers, and let it boyle  
very well, then let it coole, and  
strayne it into your vessell.  
then put in your cowcubmers  
and cast a pinte of oyle oliue one  
the topp, and couer them close.  
the oyle keepes it without any  
creame one the topp, that when  
you use any they shall not  
take winde.

folio 23 verso || folio 24 recto

Paracelsus playster accordinge  
to the London Receipt.

Take oyle oliue six ounces, yellow wax  
one ounce and a hale, litharge of gold  
foure ounces and a halfe, Gum Amoniand  
Bdellium of each halfe an ounce  
gum Galbanum opopanax mirrhe and  
Francumsense of each two Drams oyle  
of Bayes lapis calaminaris, of each  
two drams. Venice terpentine one ounce  
and of both thes Aristochia Rootes two drams  
ffirst scrape *your* wax very fine. then haue  
*your* litharge finely puluerised & searsed.  
these *with your* oyle you are first to  
boyle ouer a soft fire till they will  
not sticke to *your* fingers. then you  
haue *your* gums desolued in white wyne  
vineger & strayned, the *which* are, Ammoni<sup>icum</sup>  
galbanum & opopanax, the aboue sayd beinge

taken from the fire & nott to hott  
putt in *your* gums & keepe them stirring  
till *the* be all well incorporated, then  
putt in ~~you~~ the rest of *your* powders beinge

folio 24 verso || folio 25 recto

finely puluerised & searsed seuerally  
by them selues, beinge sure to keepe  
itt continually stirring ouer the  
fire but lett itt nott boyle & last  
of all adde *your* oyle of bayes &  
terpentine, & incorporate them well  
together & make them into roles  
& keepe them in oyled paper or  
Lether. this emplayster hath  
many rare virtues.

To heale a Tetter. Mr Corsley .

Take halfe an <sup>^</sup> ounce of Camphire halfe an  
ounce of sulpher vicum, (quicke sulpher)  
and 2 or three bitter Almonds blancht  
slice *your* Camphire very thin, then  
puluerize *your* almonds sulpher & Camphire  
and searse them throughe a fine  
search. then take two spoonefulls of  
the powder & putt itt in a bottell &  
putt to itt halfe a pinte of <sup>^</sup> white wyne vineger  
stirringe itt well to gether, and with  
a cloutt bound to a sticke anynt *your*  
tetter Morninge & Eueninge.

ffor scaldinge or Burninge to keepe itt  
from blisterringe.

~~Take a stronge onion and as much Bay  
salt & beate them well together and  
apply itt to the soare place. & itt helpeth.~~  
Take onions and bay salt of each  
a like quantitie, beat them well  
together, and streine itt: wett cloath<sup>^</sup> <sup>es</sup>  
therin and apply itt them to the  
place griued.

An excellent medecine For  
any kinde of Ague . Doctor Costine

Take saffron one ounce and a halfe and

as many Currens vnwashed as will  
beate itt up into a Cataplasme, beat  
them well together and putt itt  
in bagges of Boulter two to be  
applied one the handweightes one the  
Pulses and the other one the pitt  
of the stomach: *probatum est*

**folio 25 verso || folio 26 recto**

A powder for the wormes

Take wormeseedes two ounces, Sena  
two ounces, hartsehorne rasped  
mirrhe gentian roote dryed centori  
of each six drams, of the best  
Rhubarbe. six drams. make all  
into a fine powder and giue halfe  
a dram at a tyme for three  
mornings together in Muscadell  
for a man you may giue a dram  
& a halfe.  
Somers .

**folio 26 verso || folio 27 recto**

Balsamum with the vertues.

Take of yellow wax halfe a pounce  
sallett oyle three pound, Venice terpine  
one pound, red sanders. one ounce.  
washe the terpine in rose water, and  
the wax in sacke or white wyne, then  
melt the wax, and put the oyle with the  
wyne vnto itt, and the sanders, and boyle  
itt gently, till the wyne be consumed:  
then put the terpine to itt, and lett  
itt boyle till all the moysture is gone  
strayne itt while itt is hott & keep, itt  
It healeth a greene wound very  
suddenly, cureth scaldings & burnings.  
but maketh itt a little smart.  
If you giue of itt once or twice  
mingled with a little sinamon in  
red wyne itt cureth the runninge  
of the raynes.

**folio 27 verso || folio 28 recto**

### To Cure a ffistula

Take white Copperas one pound, roache allam, one pound, beate them to powder in a mortar. then putt them in an earthen pan, and sett them one the fire till they be boyled dry, that you may bringe them to powder againe then adde 3 spoonefulls of the powder to a gallon of boylinge springe water. and preserue itt for your use. and washe the place fistulated, or in jecte itt with a seringe.

### To heale a bruise speedily

Take a handfull of rye beate itt a little then boyle itt in a quarte of Vineger till half be consumd then spread itt thicke one browne paper and lay itt hott to the place affected.

folio 28 verso || folio 29 recto

### ffor a Consumption

Take a handfull of eringo rootes a handfull of elicampane rootes. Anniseeds and licoras, of each two ounces, reasons of the sunne stoned a good handfull, ginger slyced two rases. Betony two good handfulls put all theise in a bagge of Boulter of hang them in fiue gallons of strong worte that hath had but a few hopps boyled in itt.

A pultis to allay paines swellings or any anguish.

Take strawberries leaues, violett leaues Collumbine leaues, of and blynde nettles of each a like quantitie, boyle them in fayre water, and thicken itt with oatmell and apply itt to

the place greiued as warm as  
you can suffer itt.

folio 29 verso || folio 30 recto

#### A Pomata for a Burne

Take three pound of the greasse of a  
spayed foule lett itt be new & sunset  
then take a pinte of <sup>red</sup> rose water fowre  
or fiue Queene apples, pare them core  
them and quarter them, then take  
a quarter of a pound of red rose  
leaues, a good handfull of blanchtd  
Almonds. putt them all together in  
an earthen pipkin, and lett it stand  
two dayse, in warme embers, then  
strayne itt through a lininge  
cloathe, and lett it stand & settle  
powre away the clearest when  
itt is colde and stirr itt well  
with Wodden spattle till itt  
be very White.  
Good

folio 30 verso || folio 31 recto

#### A playster for a soare breast

Take halfe a pound of larde, a pinte of  
the grounnds of stronge beare, a quarter  
of a pounce of frankincense, boyle the  
larde and grounds together, till the  
grounds be consumed, then putt in the  
frankincense by little & little, keeping  
itt stirringe till itt be thicke then  
aply itt to your use. But if the  
breast be red and inflamed, you  
must make a pultis with stale manchett  
& runninge water, boyled together, &  
aply itt soe hott as you can indure itt  
and you must anoynt the place  
round about with linseede oyle; butt  
nott where the hoales are.

To make sirrupe of Violetts



Take *your* picked violets beate them in a stoane mortar very small, havinge a little water boylinge in a rediness, adde some of this water & putt into the mortar to make the iuce streyne forthe the better to a pinte of this iuce adde a pound of sugar, boylinge itt to a sirrupe

folio 31 verso || folio 32 recto

Good for the face or hands.

Take the whites of fiue new layd eggs. ten spoonefulls of iuce of Lemons, beate these together till itt comes all to froath, then lett itt stand 3 or 4 dayes till the froath be desolued and then sett it ouer the fire, & lett it boyle till itt come to the thicknes of starch addinge unto itt mutton suitt as much as a walnutt and as much burnt allum as will lye one a sixpence.

To make whay drincke

Take of Endiue, Agrimony, Cichory liuerwoorte roses, and the topps of greene hopps, of each one handfull anniseedes, parsely seedes, & licorish of each ~~two~~ two ounces, Polipodie of the Oaks 4 ounces, boyle all these in a sufficient quantity of whey and drinke there of at *your* pleasure.

folio 32 verso || folio 33 recto

To <sup>^</sup>make marmalade of Oranges

Cutt *your* Oranges in halfe, and take out the inside of them, lay the oranges in water changinge them euery day for 3 dayes, then putt the orange rindes in boylinge faire water and

lett them boyle till they be tender  
then take their weight in sugar &  
beate the rinds in a mortar.  
untill they be incorporated together  
then ~~add unto~~ take the sugar with a little  
water and boyle itt to a thicke  
sirrupe, then adde the orange pills  
that was beaten into this sirrupe  
mixings it very well together, and  
lett itt boyle a good spare puttinge  
in 3 or 4 Cloues, then take  
the insides *which* you picked out  
of the oranges & putt into the  
sirrupe takinge out the stones and  
the skins, then boyle itt to the  
heighte of a marmalade puttinge  
these in the iuice of a lemon when  
it is almost boyled. you must not  
adde the lemon too soone lest itt make itt  
better.

folio 33 verso || folio 34 recto

To make a purgative Whey:

Take Fumiterry, Agrimony,  
scabious, & a halfe Damaske rose  
leaues & Cetamache, of each one  
handfull. Sena, and Polipodie  
of each 2 ounces Rhabarbe six  
drams, gusseete Fennell seedes and  
grumell seedes of each halfe an  
ouce. cut the heads slice *your*  
Rubarbe and bruise the saes  
& boyle them in a gallon &  
a halfe of Whey till one quart  
be consumed & runne itt  
through a Wollen strayner  
@ daniche thereof twice a day.  
*that* Ms. Abrah: Somers.

folio 34 verso || folio 35 recto

Against Deafnes.

Take pure honey, iuice of onions, of  
eache fowre ounces, stronge Clarrett  
Wyne Vineger, a quarter of a pinte,

oyle of Sothernwoode, halfe a pinte,  
putt all theise together in a dishe  
and stir them well together,  
then sett them one an easie fire  
till itt be boylinge hott, when itt  
is colde, put itt in a glasse, and  
stop itt close. Then lett him that  
is deafe warme a little of itt, and  
drop three drops in his eares, and  
stop them with blacke woolle, use  
itt only at night when he is in  
the bed, for a fortnight or three  
weeks together, if he haue bin  
long deafe he might no goe a=  
broad in the Weett, nor in the  
ayre, if itt proceed from Cold  
you may put a little saffron  
in the medecyne and itt  
will be the better.

folio 35 verso || folio 36 recto

A Secrett Quintessence.

Take of Opium<sup>m</sup>, an ounce and halfe  
desolue itt in the best <sup>red</sup> Rosewater  
seeds of henbane and of white popie  
of each six drams; bruised and in=  
=fused in aqua vitae, fowre and  
twenty houres, pure mirhe one ounce  
(<sup>^</sup>mumma one ounce) and a halfe, both infused in red  
Rose Water forty eight hours, of  
English Saffron halfe an ounce, in=  
=fused in aqua vitae, pearle prepared  
and desolued in distilled vineger  
two drams, Corral White and red  
<sup>prepared</sup> of each six drams, Diambrae, Axo=  
maticum Rosatum, Laetifficans  
Galeni, of each halfe an ounce  
Confectio Alchermis six drams, those  
things that are infused strayne  
well, and boyle gently the liq=  
=uors to the consistane of honey.  
then adde the Cordiall speties  
the Corralls and the Alchermes  
and stir itt well with a spatle  
till it come to a Masse.

folio 36 verso || folio 37 recto

## The Virtues of the quintessenc

It easeth the paine of the goute and collicke, it stayeth the bloody fflyxe, woemens flowers, and the runninge of the Reynes, itt stoppeth the yeox and Vomitinge, itt provoketh sleepe and cooleth in burninge feuers, it taketh away the palpitation or tremblinge of the harte and being put into the nostriall itt easeth the pains of the head, the dose is from 4 grains to 12, beinge taken in the forme of a pill, or desolued in Baulme Water, or any other Cordiall as is fitt for the nature of the disease. But noate, that if the bodie be bound, you must prepare itt with some openinge Clyster sirrupes or potion. As if the patient, be troubled with paine of the head ffeauer or other obstructions prepare a Clyster after this manner, if by Colde the disease happen, Take mallowes mercurie, Beets and violet leaues, of each

folio 37 verso || folio 38 recto

of each a handfull f Mellilote flowers and Camomile flowers of each halfe a handfull seeds of fennell and Cummin bruised, halfe an ounce boyle these in a quart of faire water to a pinte, strayne itt, and adde the yolkes of 2 eggs, a little sugar, and 2 or 3 spoonefulls of sallett oyle, minister itt at 3 or 4 a Clocke in the afternoone, when your Clyster hath wrought, about 9 or ten of the clocke giue your Cordiall pill, the dose is, ordinarily 6 grains If you giue itt in a potion make one after this or the like manner. Take *diascordium* one dram, sirrup of *diacodium*, or of redd poppies, six drams of the quintessence, 6 grames, mixe all these, with some 3 ounces of *Carduus*, *Dracons*, or any other of

Cordiall Water, make it luke warme  
and lett the patient drincke it of  
last to bedward, couer him  
warme, and lett him sweat.  
Abraham. Somers.

folio 38 verso || folio 39 recto

#### A Cap̄ Restoratiue

Take a pottle of Sacke, halfe a pinte  
of Red rose water, halfe a pounce of  
powder sugar, halfe a pounce of  
currens cleane washed and dryed  
in a cloath, halfe a pound of dates  
stoned and cutt in peeces, halfe an  
ounce of large mace, broade tyme  
and Rosemary of each, halfe a hand=  
=full, lay all theise a steepe in the  
sacke & Rosewater. Then take a Cocke  
pull of his necke & feathers, draw him  
and cutt him in halfe, breake all  
his bones, and putt him to the rest  
of the things, lett them steepe all  
together, a whole night in the  
Cold still, then draw itt of, the  
first <sup>water</sup> is the best, the next is small  
the Cocke must not be washed, but  
putt him hott into the still and  
Couer itt Close all night

folio 39 verso || folio 40 recto

Gascoynes powder *which* is  
good for all feuers, consumptions  
small pox, swoundings, conuulsions  
and to driue venome from the hart

Take of the clawes, and eyes of the  
crab, corral, white amber, pearle,  
hartshorne, a blade or two of saffron  
make all into fyne powder, and giue  
therof a little quantity, in a spoonsfull  
of sacke, or any other wyne, drincke  
a little after to washe itt downe  
and fast an houre after itt.  
You must haue as much of the  
crabs clawes, as the weight of all  
the other ingrediences.

ffor a Canker.

Take, Plantane, honeysuckles, Preeuett violets, and sage, of each one handfull boyle thrise in a pottle of springe water to a quart, then adde, honey, sal gem, of each 2<sup>d</sup> white coperas, and Allam of each. i<sup>d</sup> worth, halfe a pinte of white wyne, boyle itt a little and keepe itt for *your* use.

**folio 40 verso || folio 41 recto**

Mrs Reasons Receitit for the biting of a mad dogge: good for man or beast probatom

Take a handfull of box: a hand full of rue: a handfull of bittani<sup>^e</sup> a handfull of wild sage: a hand full of plantine: with a good quantity of the wild vine more: chop all these very smale: and s<sup>t</sup>eepe them in strong beere or Ale: giue there of to a dogge: 5 or 6: spoonefulls: with a quantity of methridate about the bignes of a pease and warmed to a man you may giue more it must be taken: 3 mornings tasting

**folio 41 verso || folio 42 recto**

The 24 of july } 1702

To Make Sassages

Take the lean of a legg of porke & mince it Very small with 4 pound of beef suet & a good handfull of sage finely min<sup>c</sup>ed this done take Clous mace and paper of Each a good quantity & as much salt as you shall think fits to season the meat: with 9 or 10 eggs mix all these

together very well then put your meat in  
to a stone mortar & beat it very well till  
you cant preseve the suet from the meat  
you may put the meate into skins or rowl  
them up *which* you please & soe fry them if you  
put them into skins parr boyle *them* a very little

folio 42 verso || folio 43 recto

#### To Make Che<sup>e</sup>se Cakes

Take 6 *quarts* of new Milk and one *quart* of cream  
Sett it as you do a cheese but instead of  
warming the milk putt in as much hot water  
as will make it ffitt & when it is comd bre<sup>a</sup>k it  
& pour it into a Cloth & whey it between  
two & when the whey is very well draind  
take the curd & break it with a pound  
of fresh butter some mace & a pound of sug<sup>e</sup>r  
the yelks of 14 eggs *the* whites of 8 make  
Them upon plates in very good puff past  
when they are risen & colerd they are enough

#### Another way to make cheese cake

Take a *quart* of cream set it over the fire when  
it is redy to boyle put in to it a pound of currans  
& 3 parts of a peny loaf grated & that being  
boyled together allmost a *quarter* of an houer put  
in to it 12 eggs yelks and whites and beat your  
eggs with a *quarter* of a pint of sack and after *the* eggs  
& sack are in lett it iust <sup>then pat it oute</sup> boyle then sweeten itt  
& put into it half a *pound* of fresh butter let it stand till  
it be cold then put it in to puff past and bake it. the oven  
being pretty hot this quantity will make a dozen & a half

folio 43 verso || folio 44 recto

#### How to make Biskett.

Take one pound of rice flower & a pound  
of dried suger & *the* yolks of 8 eggs & 3 whites  
beate the eggs first by themselues very well  
& then with 4 or 5 spoonfulls of oring flower  
water or Rose watter then strain them in to the  
suger & beat the Eggs & suger together with  
a slice 3 quarters of an <sup>h</sup>our then Gently shake

in the fflower by degrees & beat it all together  
a *quarter* of an hour then sprinke what seeds you  
please colliander or carraway or both if you  
like *them* butter the pans & fill them <sup>^</sup>but half full  
ice them ouer when they goe in to the ouen with  
suger & rose water that iust boyld up & rose so  
bake *them* as fast as you can take *them* oute of *the* ouen  
take *them* oute of the pans with a knife.

folio 44 verso || folio 45 recto

#### To Make Elder Wine

Take 20 pound of malligoe Raisons  
pick & chop *them* & putt to them 20 quarts of water  
lett them stand 10 dayes in a warm place then  
draw it for ~~one~~ off then put to it 3 quarts of elder the  
infused iuce of Elder Berries tun it into a runlet  
when it haue done working stopp it close lett  
it stand a boule two monthes and then  
Bottle itt

folio 45 verso || folio 46 recto

#### An Orang puddding pudding

Take the rinds of 2 fair Orings  
& 12 ounces of D<sup>o</sup>uble refine Sugar  
beate it in a stone mortar then putt to  
it 12 ounces of Butter 12 yelks of Eggs  
beat *the* Eggs first by them selves mix  
it very well bake it between 2 sheetts  
of past in adish a boule an hour

#### Sauce for a legg of Veale or calves Head

Take a pint of good broth a pint of Oyster  
lyquor half a pint of clarret put in the  
boyleing a large blade of mace whole  
peper & cloves. lett it boyle for half an  
hour & keep it close together covered and  
take yolks of Eggs well beaten and stirr it  
in with half a pound of Butter when it  
Thicks up putt in a handfull of parsly  
& som oysters cut very ~~thyme~~  
small & the Brains of a calves head  
bray them & putt them all together



Then take the Veale & drie it up very well

Take a pece of raw veal & some beef suet and beate them together uery fine it must be seasoned with wine winter savory salt & pepper a little nuttmeg according as you like it *the* yelk of an egg a spoon full of cream & make them up for sassage to Lay aboute *the* meat

folio 46 verso || folio 47 recto

Garnesh your dish with oring or Leamon of any kind of saller ing you may if you please put An anchovies in probatum probatum

#### A Sock Posset

Take 3 pints of indifferent thick creame boyle it *with* mace take it off the fire then take 8 eggs beat them *with* half a pint of sack nuttmeg & suger put ouer coles till its scalding hot then pour in the cream stirr it & then couer it a *quarter* of an hour

#### To Stew Musrooms

Put *them* in a dish ouer coles till *the* heat hath drawne out *the* liquor which must be putt a way then putt to them a good quantity of grauie sweet herbs spice & salt & of shelot & when they are enough put in a good peic of butter & *the* yolks of 2 eggs Beaten

#### A Cabedg Pudding

The lean of a leg of veale & and as much beef suett a good handfull of Collwort leaues mince it all uery small season it with pepper salt and nutmegg work it up with 6 Eggs and grateed bread rowle it up in a boyled Collwort leafe and tie it up in a cloth Serue it *with* Butter

folio 47 verso || folio 48 recto

Dress a Shoulder of Mutton in blod

~~Bloug~~ Steep a Shoulder of mutton  
in blood an hour then take sweet herbs  
half a pound of beef suett pepper & salt  
mixe them with half a pint of bloud the  
yelks of 2 eggs stuff *the* mutton with it wrrap  
it in *the* coule. & as it rosts baste it with  
the blood; for the sauce graue & iuce of  
lemmon

Harts horn ielly

to a pound of hartshorn 5 quarts of  
water boyle it close couered till it come  
to a three pints put to it a pound of lofe a  
quart of renish wine 2 nutmegs 2 or 3 blades  
of mace the iuce of 8 lemmons *the* whites of  
16 eggs beate in to froth boile & stirr it till  
its cream strain it throw a ielly bagg putt  
slices of lemmon peel in the glasses

folio 48 verso || folio 49 recto

Howe to Coller a pigg

Take a good tall pigg scald him and  
cutt off the head & slit it down the back  
& bone it & throw him into fair water and  
salt let him lie one night to soke oute the  
bloud then dri it with a cloth then take  
cloves mace nutmeg & salt & rub in it  
then rowl it up tite as you can in a cloth &  
tye it up at both ends hard and in the  
midle and then boyle it with water &  
salt & as much milk as will cover it put  
a sliced nutmeg & race of ginger a pece of  
Lemon p<sup>e</sup>lle boyle it an hour & half  
lett it stand in the Liquer till it is cold  
Then take *the* cloth from of it then put  
in an earthen pott & put the liquer to  
it and in 3 or 4 dayes you may eate it

folio 49 verso || folio 50 recto

sinks

folio 50 verso || folio 51 recto

sinks a little

folio 51 verso || folio 52 recto

To Make bisket

Take *the* yelks of 5 eggs & *the* whites of 2 beat them a *quarter* of an hour & in the beating putt 10 spoonfuls of Rose water then strew in a pound of dubble refine suger finely beaten and sifted after the suger is in beat it an hour then take a pound of flower well dried shake it in still beating it one way then strow in your seeds caraway or coriander or both if y<sup>ou</sup> please. drop them in to butterd pans and bake them

To make an excellent whine

Take malligo raisons pietet & rubed in a cloth to every pound of raisons a ~~quer~~ quart of water put it together in an earthen vesell lett it stand 12 dayes stirring it every day then squeeze out the Raisons out of the liquer then take the 3<sup>d</sup> part of *the* lickquer and set itt on the fire till it is redy to boyle them put it to *the* other liquor and to every ~~10 qrts~~ 10 quarts put a quart of good sack *then* put it into a vesee ll so as have been half a *quarter* of an ~~how~~ hour held our burning brimstone and when it hath wrought ~~stop up~~ stop it up ~~sinke begun~~

folio 52 verso || folio 53 recto

How to stew Carpes

Take male carpe scale *them* and save *the* bloud put a spoonfull of clarret wine to keep *the* bloud from clotting save *the* rows then put them to the bloud with some clarret putt as much as will cover them & no more for the less quantity of liquor ~~of liq~~ there is the sweeter they will stew put to it 3 or 4 peces of lemon peel one ~~onion~~ onion cut in half

a blade of mace or 2 one nuttmeg cut  
in slices one Anchovie then set them on  
the fire not to hot lett them stew Easily  
and turn *them* twice in half and hour in which  
time they will be stewed enough and  
melt butter to it  
Thomas Thatcher  
Sculp

folio 53 verso || folio 54 recto

Howe to Coller Eles

Take the largest Eles & skin them  
and bone *them* then season them uery  
well with salt mace and nutmegs  
& some swe<sup>ett</sup> yerbs & parsley well  
shred strew it upon them, & rowle  
them up as close as you can be  
ginning at the taile first then=  
sow them yp in cloaths first &  
then prepare the pickkill which  
must be water white wine & vini  
ger salt leamon pill and A race  
or 2 of Ginger then putt it over  
the fiere when it boyles putt <sup>its</sup> the  
Eles when they bigin to be ten  
der then take them out & lett  
them stand till they be cold &  
when the pickle is Cold putt

folio 54 verso || folio 55 recto

putt them in A fresh pot and put  
the pickle to them & when it  
growes stall renew it with some  
of the same

folio 55 verso || folio 56 recto

Plague Water

Take a pound of dragon: mugwort: balm  
agrimony: bettony: wormwood: pimparnell: fumatery  
Rue: selandine: burnett: sage: speermint: wood  
sorrell: featherfew. stabius. cardus. hearts earn  
May weed. termementall: Angellico: scardino

wild time: brome: Ellicompane: & angellico roots  
of each half a pound tormentall & butter burr  
roots & leaves of rosemary each one pound  
germander sentery tips rosa: solis Each 4<sup>oz</sup>  
Clove gilliflowers. red poppyis. couslips & merygo<sup>ld</sup>  
flowers. each half a pound: zediary: liquorish  
sweet fennell seeds carraway seeds aniseeds  
corriander seeds & cardimums each 4 ounces  
sinamon: Cloves maces & nuttmegs of each 2 ozcis  
Venice treacle half a pound meteridate and dia  
scordiam each a pound let the herbs lie on sheets  
to wither then slice both herbs and roots and  
let them infuse 3 or 4 dayes close covered and  
to this quantity putt 2 gallons of sack and one  
of brandy distill it in a limbick

folio 56 verso || folio 57 recto

#### A Sauce for Fish

Boyle 3 or 4 anchovies in about  
a quarter of a pint of gravy as much  
clarett and 4 or 5 spoonfuls of *the hyn*  
of pickled oysters and when it hath  
boyled a while put in a litle parsly  
sorrel and sives a litle spinnage  
a few vilate leaves a litle time  
~~winter~~ winter savery pennyriall  
all shred very small then stir in  
*the* butter and beat it very thick if  
it be a Carp be sure to save *the*  
blood of him to put into *the* sauce  
rub *the* Dish with an onion and  
lay slicet Lemmon over it

folio 57 verso || folio 58 recto

#### FHow to mak Scotch Collops

Take a Leg of Veale and cut it in long  
thin slices & hack it *withthe* back of an  
Knife; season it *with* fine sweet margeru<sup>m</sup>  
penny riall sives parsly and winter  
savery a *grated* nuttmeg pepper &  
salt, rub *the* collups on Each side  
and put *them* into a scillet. put in  
as much white wine and vargus

as will iest cover *the* meat *then* take  
one clove of Garlick and halfe  
an nutmeg tenn cornes of pepper  
& 4 anchovies cut in peecs sett all  
those stewing on *the* coales then take  
out som of the liquer into a sauce  
pan and stew it with a clove of garlick  
a litle anchovy Liquer melt som  
butter thick with it then take *the* coll-  
=upps out and Browne them in a fry  
ing pan and lay them in a dish

folio 58 verso || folio 59 recto

and put *the* sauce over them  
squase in *the* juce of an orange  
over them

#### To Pickle Wallnuts

first prick *them* through & through<sup>h</sup>  
& lay them in pump water with  
a handful of salt for nine day<sup>s</sup>  
shifting them Every Day with  
fresh pump water & salt put  
tye them in a Cullender & drain  
them & put *them* over the fire in  
water *that* Covers *them* & put a Cloth  
down upon the Nutts to Keep in  
the steam & lett *them* iust boyle  
then take them of the fire & wipe  
them very dry: & lett them be  
quite Cold before you put the  
pickle to them then lay a H  
Laying of wallnutts & a laying  
of Mustard Seed & a clove of Garlick  
with a little peper between each  
now with Bay leaves turn over leaf

folio 59 verso || folio 60 recto

till all are put in then boyle  
as much vinegar as your quantity  
of nutts shall require with a little  
peper & a few Cloves with a little  
Jamaco peper putting it hott to  
the Wallnutts & Cover them  
Close for your use  
Mrs Kirbeys receit

pro batum  
July the 8th 1712

folio 60 verso || folio 61 recto

folio 61 verso || folio 62 recto

In Wit, as Nature, what affects our hearts  
Is not *that* executness of peculiar parts;  
'Tis not a Lip, or Eye, we beauty call  
But the Ioint force & full result of al  
'Tis <sup>^ with our</sup> Iudgments as our ~~Iudgments~~ <sup>watches</sup>, now  
Go iust alike, yet each believes his. <sup>own</sup>  
At every trifle scorn to take offence  
That allways shows great Pride, or little <sup>sense</sup>

folio 62 verso || folio 63 recto

folio 63 verso || folio 64 recto

folio 64 verso || folio 65 recto

A Receite, to make the  
Stomattick Bitters

Take  
6: Civill orange Peeles  
1/2: ounce of Snake Roote  
3/4: ounce of Gention = sliced thinn  
1/4: ounce of scutcheoneele = Brused,

Put into a Quart of French  
Brandy lett it stand :24: hours  
then straine it off through a  
fine Flannell

Then put a quart of White=  
Wine on the druggs and lett it  
stand :48: hours then straine  
it off as before

Zedoary

folio 65 verso || folio 66 recto

66

folio 66 verso || folio 67 recto

67

**folio 67 verso || folio 68 recto**

68

**folio 68 verso || folio 69 recto**

**folio 69 verso || folio 70 recto**

For *the* Rheumatism

half an ounce of Gumgoacum  
steep in half a pint of best  
brandy Take a Teaspoonfull  
in a Glass of spring Water in a  
morning fasting & at 4 a clock  
in *the* afternoon it an Excellent  
Remedy

**folio 70 verso || folio 71 recto**

**folio 71 verso || folio 72 recto**

penny worth Mallow leaves  
penny worth Marshmallow R<sup>L</sup>  
2 oz *Liquorish* Roots  
2 oz Raisins  
1 oz Gum Arabic Boil it in  
4 *quarts* Water till it comes to  
2 *quarts* strain it of: sweeten  
it with syrup of:  
Marsh  
Mallow

**folio 72 verso || folio 73 recto**

**folio 73 verso || folio 74 recto**

**folio 74 verso || folio 75 recto**

1 17 9 1 13-9

1 11 6

3 = 9 3

33

12

3 405

12 435

36



135  
1-3  
3  
9

5-5-0  
1 13 3  
3=11 9

0 11 -3  
1-11 6  
2:2 9  
5 5  
67= 07. 9  
5 10  
1:17 9

3-16-0  
2 2 9  
1= 13 3

3-16-0  
1 14-  
5 10 6

**folio 75 verso || folio 76 recto**

1=12=0  
1=9=6  
0=9=0

3=10=6  
4-4-0  
7:14 6  
1: 16  
9:10 6

1-10  
2 2  
3-12

3 0 - 0  
- 6 -  
3 - 6 0

5 - 5 - 0

1 - 10- 0  
6 =15 =

4=4=0  
1=16=0  
6=10=0

14  
5  
3=10  
16  
5  
4-00  
1/4 - 4  
4-4

pI  
38  
3  
16

38  
2  
976

5 5  
3-16  
1 9

1-18  
1 18  
3:16

**folio 76 verso || back inside cover**

19  
4  
3 16  
1 1  
7

5. 4  
1 16  
7-

5: 5 :0  
1 11.6  
1 11 6  
11-3  
8:19. 3  
7  
1: 19 3

**back outside cover**

**spine**

**head**

**fore-edge**

**tail**