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

front outside cover

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[ bookplate ]
THE FRANK AND JOCELYN AUSTEN ACQUISITIONS ENDOWMENT

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page [1]

Rebeckah Winche
1666
E D
R
R
R


Rx is take
gr i a graine
gr x half a scruple which is markt thus
one scruple
is thirtie graines or a scruple & half which is half a dragme
& market
60 grains or one dragme
half an ounce which contains &#658;#8203;iiii or 4 dragmes
an ounce or eight dragmes
is half a pound or
tt i pound or
a pound & a halfe
a pugill or as much as you can take up betweene 2 fingers
& a thumb
halfe a handfull
a handfull
of each
halfe a spoonfull
a spoonfull

distilled waters & Cordials/fol:

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Snail Watter

Take a peck of garden snails & wash them in a great bowle of beere. & take halfe a bushell of charcole & sweepe the hearth uery clean & sett them on the fier when thay are throughly knidled make a great hole in the middest & powre in the snayles into itt & let them lye their till thay be dead the take them out & with a clean cloth wipe all the green froth off them. them take a quart of earth wormes & slice them & strowe salt upon them & wash them clean with water, then stamp the wormes & snails together with their shells. then take a great bras pot & lay in the bottom of itt two handfulls of Angelico. 2 handfull of sallendin upon that. & then 2 quarts of rosemary flowers. & 2 handfulls of bearsfoot upon that. 2 handfulls of Agremony 2 handfulls of wood bittony & 2 handfulls of wood sorell. 2
handfulls of the inner rinde of the Barbery tree. 2 handfulls of red dock roots the pith taken out; then lay the snails upon them then power in 3 gallons of the strongest Ale; take fengegrigge tumoricke & rewe each an ounce. stamped all together & put them in & take an ounce of cloues & bruse them & six peny worth of saffron very finely powdered. six ounces of hartshorne. beaten to puder. & put them in set on the limbeck & close itt with rye past. & let it stand all night in the morning put fier under it & receue the water or you may clence the snails by holding. them over the fier in a frieing pan or dripping pan holding itt so a the froth may run from them. L B. or else by laying them in a hot oven. L L.

A Drinke for the Plague when itt first seses any one

Take a pinte & a half of muskedin boyl in itt of rew and sage of each half a hand=full boyl itt to the consum =ption of half the wine or neer. then strain out the hearbes & put in it of Long peper nutmegs & ginger beaten very small half an ounce in all. let itt boyl a little more & take. itt off the fier & put their in. halfe an ounce of the best meteridate an ounce and quarter of the best treacle & a quarter of a pint of Aqua Composita or stronge Angelico water & so keep itt. If you thinke your self infected at any time take 2 spoonfulls for a man & one for a childe. luke warme & goe to bed & keep sweate 2 or 3 howers. & after drie the body very well & keep warme. drinking nothing but warme poset drinks made with merygold flowers pimernell or the like: &. so long as they are ill drinke the like quantity morning & euening. this will keep good half a year close stoped.

Richard Marns at Milton near Christ church in Hampshire makes a water which keep's children from Convultions & sends directions with it

Aqua Mirabilis

Mrs Hobby
Take of Cubibs. Gallingall. Cardamom seeds. Millilot flowers. Cinamon Cloues. Mace. Nutmegs. Ginger. of eache 3-2 drachmes. the iuce of sallenden a quart the iuce of bame. a pint. the iuce of spearmint half a pint. the flowers of rosemary. couslips. Borage. buglos. marygolds. of each about a handfull or 2 ounces. of the best sack a quart. of aqua uite a quart. of white wine 2 quarts. bruse the spices & seeds & steepe all these together all night: the next day distill itt in an ordinary still. laying hartstongue leaues in the botom of the still & let itt drope on suger candy or double refine suger:/ iff you put in more minte itt will taste too much of it

Aqua Mirabilis another way.

Take mint balm salendin of each of these waters (trebley distil'd) a quart; a quart of strong angelicee water 3 quarts of brandee wine. put in to this wine & waters. the flowers of rosemary. borage (the black pickt off) arckangels of cowslips marigolds mililot of each half an ounce: Cardamoms. Cubibs. gallingal. brused very small of each a drachme; half an ounce of Cloues beaten. sage. balm mint. salenden clary of each of the hearbs. 2 good handfulls shred very small. couer the bottom of the still with harts=tongue leaues. then put in to the still of the hearbs flowers wine & waters all together & let itt stand a day & a night you will draw of this quantity fiue quartes you must put suger candy in the receuer & iff you pleas musk & ambergreec: past the still very close

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.2.

The Lady Hewets Water

Take red sage. Bittony. Spearmint. unset Hesop. settwall. time. penroyall. sanakell. salenoin. watercreses. hartsease. Lauender. angelicoe. garmander. tamaris. coltsfoot. auins. ualerion. saxafrige. pimpernel. parsly. rosemary. wintor sauory. scabious. egremony. mother=of=time. wilomariarom. roman wormwood. Cardus. pilitory of the wall. Calamint scordium lilly conualy flowers. feild daysys leaues roots & all. of each one handfull. after they are washed picked & clensed. of rew. yarrow. cumfery. maidenhair. sweet mariarom. of each a quarter of a handfull. red rose buds picked cowslip flowers rosemary flowers. of each half a peck. marygold flowers one handfull. anny=seed fenel=seed parsly=seed carraway seed of each two drachmes. nutmegs ginger cinamon peper cloues
mace. of each 2 drachmes. of spigknard. elycompayn roots dried. mililot flowers. calamus aromaticus. cardamums. lignom= =aloes. rubarb.sliced. galangal cubibs grains angelicoe roots. each 2 drachmes. junepper berrys one drachme. harts horne 2 ounces. aromaticom=rosatum. 3 drachmes. china roots one ounce. sasafrays. sliced one ounce. wash all the hearbs & swing them in a cloth till thay are drie. cut them small & mingle them well. so steep them in an earthen pot with a narow mouth. in the midle of the hearbs put the seeds & drugs. being all brused. put in as much sherry sack as will couer them. about eaight quartes. steep them twenty= =fourer howers close stoped & pasted ouer. then distil them in a limbeck at twice. from which you may draw a quart from each still. & a pinte of smaller., haue a pound of sugercandy beaten & serced. redy in the glases red to set under with these cordials deuided in 2 parts: 30 grains of beasor. 24 grains of muske. 20 of ambergreece 2 drachmes of flower of red corall. 2 gdrachmes of prepared pirle one of flower of amber. 3 grains of contra yeruae 4 leaues of golde. 2 drachmes of crabs eyes. & 4 of the tips of crabs claws a small bag of safron of the bignes of a nut to .3. each glasse. to each glas put half the cordialls the longer you keepe itt. the better, iff you keepe itt well stoped & shake itt together for a fortnight euery day.

Plague Water

Take Sage. Selenden. Rosemary. Rue. wormwood. Rosa= =solis. Mugwort. Pimpernell. Dr@gons. Scabius. Egrimony. Balm. Scordium. Cardus Benidictus. Bittony. flowers & leaues. Marigolds flowers & leaues. Saint Johnswort. flowers & tops. of each 2 good handfulls. then take. the roots of butter= =bur. Tormentill. Angelicoe. Elicom=paine Piony Zedory. of eache. 3 quarters of an ounce. off Liquorice scraped & sliced 3 quarter of an ounce. wipe your hearbs clean & let them ly 2 or 3 days in a roome where no ayre nor fier comes. then shred them & put them with the roots into a gallon & a half of white wine . steep them 2 days & 2 nights. & then still them in a Cold still well stoped & closed with paste. the first drawing will be strong the second smaller & the last very small.

Sir Theador Miherns Surfit Water.
Take. a bushell of red popies six handfull of drgons as much Cardus benidictus. eight handfulls of marygold flowers half a pound. of hartes horne. 4 handfulls of speirmint 3 of balme. two of strawbery leaues. steep all these together in twelue pintes of Renish wine eight days. then put to itt 4 ounces of methridate one ounce of mace. as much Cinamon. & 2 ounces of nutmegs. distill this in a rose still untill you haue a gallon of watter Giue six spoonfulls at a time & let the patient ly in bed iff thay sweat take them moderatly out. att twice useing itt will cure

Poppie Surfet w Water the stronges.

Gather your poppies in May from a monges wheat put them in to a wide mouthed glas as many as itt will holde. then fill the glasse with aquauite, stope it close & let it stand 3 or 4 days in the sun. then strayn it & to euery pottle of that liquor put an ounce of licqoris in flakes. 2 ounces of figs sliced i ounces of reasons sliced & stoned stop itt close & keep it for your use. In a high surfet giue six spoonfulls in a less 3 or 4

Poppie Surfit Water Smaler.

Take 3 pound of poppies steepe them all night in a gallon of stronge ale. distill itt the next day in a limbeck or in a cold still. & if you put in thos popis which was straind out of the other water itt will be the better.

The Milke water

Take six handfulls of cardus greene. 3 handfulls of speirmint 3 of balme. 2 of wormwood. steepe them all night in a gallon of new milk. & distill itt the next day in a common still itt is good in a feuor or surfitt or any ill ness of thee stomack when you giue itt put suger to itt

:5.
Monsieurs Water.

Take of fine loafe suger one pound. put there to a pint of spring water. & let it steepe 24. howers. then ^let it run through a cotton bag three times; then put their to. a quart of aqua uite a quarter of a pint of Angelico water. as much clove water & 2 peny= worth of rosa=solus. strain them all together through the same bag. then put to itt a pint of damask rose water & half a pint of Cinnamon water. strayn them all togethier & keep them for your use.

this is an excelent watter for the stomack. opressed with winde or ofended with any thinge of eaten or drunk. or the sirup of thi water is very good for a cold. ether cough or other, but most chiefly for a horsesnes & roughness of the throat. : the sirup is thus made &8756;
take to six spoonfulls of this water 3 or 4 of fair water & a little double=refine suger & lett itt boyl a walme or 2 as quick as you can. & take of itt a spoon full at a time.

A Cordiall for the Stomack

Take ten pound of the best red cherries pull out the stone, & put them in to an earthen pot, put to them a quart of aqua uite of the middling sorte. & a pound & a half of fine suger beaten small. stop them close & keep them for your use. &8756; when your stomack is ill take a spoonfull or 2 of the sirup with 5 or 6 of the cheries.

Sweet Watter.

A bushell of Damast roses. 4 handfull of lauender tops. 2 handfulls of sweet mariarum. 3 handfulls of sweet basill. one of bay leaues broken. half a handfull of rosemary tops. a few wallnut leaues: then take. 2 ounces of bengamin one of storax one of Lobdanum half an ounce of Callemus as much Ciprus: 2 ounces of damask pouder: all these brused. & steepe them in 4 quarts of clear candit water. stir them about & lett them stand all night close couered in an earthen pot & stoped so as the sent may not get out. disstill itt the next day with a very soft fier if it stand aboue 2 days it will sower. when it is distilled strayn it through a pecce of old lawen. & couer the glases with paper till the fier be out then hange a little muske in arage a rag in the mouth of each glas but so as not to touch the water couer itt uery close &
it will keepe 2 or 3 year.

.7.

An excilint Palsie Water for the head &
weaknes of the Sinnews

Take of lauender flowers clean picked as many as will
fill a glasse of a gallon. pouer on itt good spirit of wine
untill it be full. then set them in a warme place six weeke
take the flowers of Sage Rosemary Bittony of each a
handfull. the flowers of Borage bugelos Lilly conualy cowslips
of each 2 handfulls. steep them also in good spirit of wine
six weeke. take balme. Spiknard. bay=leaues. of each one ounce
cutthese hearbes & put them allso in tospirit of wine
take citron pill. Lemon pill. piony seeds. of each six drachm es
Cinamon half an ounce; mace Cardamoms cubibs yelow=
sanders powdered of each half an ounce. lignum aloes one
drachm. put these in to the aforesaid spirits & add to them:
distill them in a limbeck deuiding it into seuerall glasses
untill the uertiue be out. : put into this liquor of prepared
pearle 2 drachmes one scruple of ambergreece. musk.
& safron half a scruple of dried =red roses half a scruple of
yelow & red sanders beaten small of each an ounce. put these
in a fine sarsnet bag and steep them in the water after
itt is stilled. +

The Virtues of this Water

itt is good for any swoonding fitts weaknes of the harte
decay of spirits: in all apoplexis palsies : and all pains of the
ioyntes coming of colde : itt is good for all bruses outwardly
bathed with itt: itt restores lost appetite : strengthens the
memory. taketh away the giddynes of the head. & helpeth
the hearing. & restores lost speeche.
you must take a quarter of a spoonfull morning & euening
the best way is to dipe crumes of white bread in it & so
eate them.

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.10.

An Exelent medesen for these 3 things

1 the smallpox struck in
2 for the biting of a mad dog
3 for any infection which suddenly corrupts the blood
Take a quart of strong Ale of sage & rew each a handful
3 heads of garlick half a pound of treacle one spoonfull of peuter scraped Boyle these in a pipkin close stoped that the steme come not out till you thinke it half wasted:
for the smallpox struck in you may giue 6 spoonfulls at a time for 3 or 3 times as you see cause or oftener if the party be in danger
2: for the biteing of a mad dog giue 6 spoonfulls at a time for 3 mornings together after the bitting & for for 3 mornings after the full & change of the moone next folowing this neuer fails if taken in time.

To driue out the small pox or Mesels
when thay strike in

Take a spoonfull of sack & a spoonfull of salet oyle mingle itt & let the partie drinke it

.Aqua Mirabilis the stronges sort

Take of Cloues. Galanga. Cubebs. Mace. Cardamoms. Nutmegs. Ginger of each one drachm. Iuce of sallendine half a pound. spirit of wine one pound. in fuse them 24 houers & draw off a quart w
ith an alembick you may if you please put aqua vite instede of the spirit of wine & destill itt in a cold still & itt g-will be hot enough.

Bawm Water

Take of bawm a pound. time. peny royall. of each 3 drachms: Cinamon 2 drachms. cardamoms the les one drachm grains of paradise half an ounce. sweet fenel seed one ounce. nutmegs ginger of each a drachm. galanga six drachms. calamus aromaticus. Giyperns of each one drachm dictamhi half a drachm: let all. of them be brased & infused in eight pints of spanish wine & six pints of strong ale for 24 houers together. & thend distilled in an Alembeck. draw of the strongest water 3 pints this is an exelent cordiall both for the stomach & hart quickens the memory & all the sences restors lost speech strengthens the brain & may other uertues.
a Drinke for the palsie

take a handfull of red sage and a handfull of green sage
& boyle them in a quart of muskedin or sack to the consump
tion of a third part or more. & drinke a wine glass
full of this fasting euery morning so longe as you fear the
distempor. & likewise wash your hands. with some of itt once a
day.

An Exelent Water for sore eyes

Take a peck of rye meal & make it in to past with
fair water without any salt. make it in to a lofe &
Bake itt. then take itt out & while it is hot cut of the
crust on both sides. & cut it in to thine slices & lay it
in your still. & still it washe the sore eyes with this water

An eye water for a pin a web or for any
DP thinge growing in the eye

Gather your dewe in may after a hot day: from amonge
barly. let itt stand to settle & shift itt from one pan to
another letting itt stand in a window in the sun. when it
is cleare to one pottle of may dewe take a quarter of
an ounce of white coperice: & a quarter of an ounce of white
salt. roste the salt in the embers in a wet clothe then
beat the coperice & the salt very small & put them into
the dewe. let itt boyle till it come to a quart. in a new
pipkin scume it clean & couer itt: lett it not boyle too
fast when you need itt drop itt in to the eye

A Julip for the Wormes

Take of cordial pint barly water 3 ounces of sirup of roses
solitle & sirup of uiiolets of each not half an ounce. of the
spirits of uitriall & sulphir of each four drops. Oyle of
wormwood one drop. mix these all together & give as
follows: to a young childe 3 spoonfulls by it self or mixed
with 6 spoonfulls of clariified poset drinke first & last &
lay the plaster to the childes belly
The Plaister for the wormes

Take uinice treacle. & mix with it fine pouder of cloes. spread it thin on leather and applie it to the nauel swathed on. the childe is to take of the Iulip in the morning fasting the quantity of 3 spoonfulls & fast 3 hower after it, & after supper the same quantity & this fare 3 days together

Spirit of Elders

Take a good quantety of Elder berrys when thay are full ripe & press out their iuice as you would grapes for wine, then tun up this licquor & keepe it unstill chists then distill in an alembek & draw of the strongest you may have of an ordnary alembek 3 pints of spirits this is an exelent remedy for a dropsie to take 3 or 4 spoonfulls twice a day

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DP. A Cordial Cherrie Water

Take of the best cherries of an acute tast 3 pound; the outward yellow rindes of six oringes; tops of rosemary. Bawme. Burnett: Spearmint.; of each one handfull. Spearmint a pugill; Cinamon one ounce; two nutmegs. graues wine or a good bodyed claret 3 pints presse out the iuice of the cherries with the stones & kernels brused & the herbs shred; infuse in the wine the space of 3 days; then distill it in an Alembk upon half a pound of sugercandy. & so keepe it for your use drink a wine glasfull full as occasion serves.

D:P: A Water for a Dropsie

Take of Quick lime half a pound slack it in a gallon of running water letting them steepe 24 houres then let the lime settle. take off the blew scumme on the top. powre off the water clear from the settleing & filter it through issue paper. to clarifie it then add to it; of the shauinges of Sarsafras Liquerish scraped & cross cut of each 4 ounces Juniper berries 2 ounces one or 2 nutmegs of the best currence one pound. infuse them 3 days untill it
has extracted a tincture like claret wine; so straine it
& keep it for your use
give 4 ounces every morning fasting & att & at 4 in the
afternoone.

A drinke to help the spetting
DP of blood

Take of Cumfry leaues, knotgrass. Planten. & pimpernele
(all of them greene) of each a handfull; burye them
in quick lime until they are perfectly drie then put them
into 3 quarts of fountain water. which will thicken like
creame let them infuse 3 days. often stirring them then
set them in a coole Celler letting the herbs settle to the bottom
which done. powre off the cleare & keepe it for your use
leting the party drinke there of 6 ounces every morning
fasting

A Surfeit Water

Dr P A Cordial Elixir

Cardamums & of the best Rubarb. of each 2 drams
Scordium Sweet marierame of each a handfull. roots of
white Dittanie. juniper berries of each an ounce. red=
=rose leaues. flowers of rosemary & sage ^ staechados of each a pugill
dried oringe & Lemon peele of each 2 dragmes of the best
honey & suger candy of each half a pound. best saffran half a
dragme. salt of corall to each pinte of the spirit of wine
an ounce & half; musk & ambergreec & amberprece of each 8 grains
Let the hearbs & flowers be shred. the rest of the ingredients
brused & infuse them 8 days and nights in conuenient uessel
well glazed & close stopt. with 8 pintes of the best rectified
spirit of sack. when you put it in to the body of the glasse
still add your honye & suger first desolued in a suffitient
quantity of red rose water . at the same time put into the
body & of the still the safron & salt of Corall . & in the Beake
of the still put the musk & ambergreee. tyed up in a thinne
lawne. so distill them with a gentle heat. keepe of the first
running 1 pint of the 2nd 2 or 3 pintes & when the rest is
cold passe it through a hipocris bagg which keepe a part
for your use.
the dose of the first from one to 2 spoonfulls of the 2nd
3 spoonfulls the third as much
in extremity give it often & single other wise delute it

for the payn in the head proceeding from
the payn in the head proceeding from
wind or vapors from the mother or spleen

Take of the best Campher half a dragee put it upon
the point of a bodkin hold it to the flame of a candle
& when it flames extinguish it in 3 ounces of black=
=cherrie water doe this often & then sweeten it to you	
tast & drink it off.

for the Same

DP Take of fountane water Just warne 2 wherein
macerate of dried red rose leaves one ounce then drop in 15 or
20 drops of spirit of Vitriol to extract a tincture sweet
=en it with sugar to your tast add half a scruple of spirit
of Castor. drink a quarter of a pinte of this cold when
you begin to bee ill

Cowslip Wine

Take 6 of Malegoe resons & bruse them take to
every pound of resons 3 pints of water boyle the water with
a pound of sugar in it & let it stand untill it is cold
then put in the resons & half a peck of picked cowslips
put it in a vessels & stoppe it close let it stand & worke
9 days stirring it every day then run it through a gelly=
=bag & bottle it
this will keep but 2 or 3 monthes
Cowslip Wine

To three gallons of water take a peck of cowslip flowers picked, of cloves mace nutmegs & ginger as much as you think fitt boyle them together untill you think the uirtue is out of the cowslips then strayn it & to evry galon of lickqor take two pound of suger set it on the fier & clarifie it scuming it clean strayn it in to pans & when it is coole worke it with ayle yest as you would doe ale. then tun it up in a uessell fit for that quantity. & let it stand tenn days or more untill it bee settled. then draw it in to botles & stop it close tying it downe fast & set it coole & this will keepe all the year.

Mrs Luke A Cordiall Surfit Water

Take halfe a pinte of damaske rose water & halfe a pound of white suger candy let it steepe a day & a night the next day. take cloues Cinamon Nutmegs & anesseedes - of each half an ounce with a stick of liquorish & 2 ounces of dates sliced & stoned, & the spisces brused, then tak 3 quarter of a pound of reasons of the sonn stoned half a pinte of popy water 2 quartes of aqua uitie 3 granes of ambergreece one grane & a half of muske mixe them with white suger & tie them in a lawen & hang it in the uesill where all the things are couer them close & let them stand 3 days stiring them once or twice aday. on the 4th day put in a sprig of angelica a handfull of bawm a handfull of dried popy leaues let it stand 3 days longer & then strayn it through a cotton bag.

Oringe Water

To a Gallon of Sacke take 60 oringe pills slice off the outer rine in smalle peces & uery thine let it infuse 24 houers in the sacke & then distill it in an Alimbeck

Quince Wine

Beat & strayn your quinces as for. cider & to euer
galon of that iuce put a quart of white wine & a pound of white suger; Tunn it up presently in a uesill & let it stand a fortnight then bottle it up. it will be fitt to drinke in a fortnight after the bottleing & it will keepe intill the springe of the year: you must core the. Quinces or else not beat the pommis very hard; & it must be presed emediatly after the stamping or it will be bitter & loose the colour; the uessell must be close stop'd

Dr briggs For the Green sicknes

Take a pound of hobnails & put them in to a quart of white wine let them in=fuse a weeke. in a pewter pot, often stiring them very much; about the full of the moone giue 5 spoonfulls & (mixed with as much ale) in a morning fasting & at 4 in the afternoon for 3 days together & let them stir after it

.19.

Aprecocke Wine

Take the parings of Aprecocks when you preserue them as many as you think fitt with such of the frute as is not fit to preserue cut them of the stones & slice them & put them in to a gallon of water which was first boyld with two pound of suger power on the water hot & let them stand all night the next day boyle them agane & strain them through a gelly bag put in to a close uesell to firment then bottle it with a little suger

Cherry Wine

Take of the best Inglish Cherrie and when thay be through ripe pick them from the stalks & mash them all & strain them, put them in a uesill well season'd & thay will worke, like drinke & when thay haue dun working then stop them close, & lett them stand six weeks or 2 munths you must put in a pound of good suger to euery Gallon when you tun it & at six weekes or 2 munthes end, bottle it & put a knob of suger in euery bottle & it will keep a year or 2

.20.
A Drinke for the Iaundes

Turn 3 quarts of milk with one quart of white wine cleere off the posett drink from the curd put the drink in to the uesill agane, take of the shauings of luory two ounces binde it up in a linin rag hang it by a thread that may reach downe to the bottom of the uesell & let it boyle in the posset drinke a quarter of an hour gently put the posset drink into a uesell fitt to receue it & let the iuory hang downe by the thread to the bottom of the uesell drink of this in the morning a bear glass full fasting an hour after, and at 10 as much & att 4 in the afternoon if this free not at first repeat it the whole quantity the 2nd time

For the Scuruy

Take garden scuruy grass watercresses & brooklime of all a Pugil 2 tops of wormwood dried wash them not if you can auoyd it put this into a siluer tankerd, turn a poset with the iuce of orenges streyn it hot into the tankerd upon the herbs stop it close for a quarter of an hour, drink it off as warme as you can & stir gently half an hour after it

.21.

The Lady Hewets Water

Take red sage. Bittony Speremint. unset Isop. sett well time Bais. Peneroyall. Sanakell. salendenr. water creses. harts ease. lauender. angelico. Garmander. Tamaris. Coltsfoot. Auins. Valerion. Saxafrige. Pimpermell. Parsly. rosemary. wild: mariarom roman wormwood. Cardins. Pilofory of the wall. Calamint. scordium Lilly cenually flowers. field daises rootes & leauae: of each one handfull full. after they are washd picked & clensed. of rew. yarow cumfry. maiden hair. sweet mariarum. of each a quarter of a handfull red=rose buds. cowslips. rosemery flowers. picked of each half a peck marigold flowers a handfull. annisseede. fenel seede. paslyseed. caraway=seed of each two drams nutmgs Ginger. Cinamon. cloues Mace. of each 2 drams; of spicknard. elycompain roots dried. mililot flowers. galningall Cubibs grains angelicoerootes of each 2 drams. Iuneper beriyes one dram. harts horne 2 ounces. Aromaticom rosatum 3 drams china rootes sliced sasafrays sliced each one ounce. wash all the hearbs & swing them in a cloth till they are drie, cut them small & mingle them well. so steepe them in an earthen pot with a narow moth the in the middle of the hearbs put the seeds spices and druges. the being brused put to them as much chery sack
as will couer them. about 8 quarts. let them steep 24
hours close stop'd & pasted ouer. then distell them in a limbeck
at twice, from which you may draw a quart from each still
& a pint more of weaker. have a pound of suger candy in redy
beaten & sireed diuided in to the 2 glasses to set under with these
cordials deuided likewise. 30 grains of Beasor. 24 grains of muske
20 of ambergreece. 2 drams of flower of red corell. 2 of prepar'd
pierle. one of amber. 3 grains of contra yarue. 4 leaues of gold
2 drams of crabs eyes 4 of the claws. a small bag of safron
of the bignes of a nut to each glas & to each glas put half
the cordials the longer you keepe it the better if you keepe it well
shaken together every day for the first fortnight/

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.22.

For a woman new deliuerd to bring away
the after birthe

Make a caudle of rye meale & when it ^ is neer boyld enough
put in it a handfull of Detteny ^ of Creet & boyle it well & strayn
& then put in it as much Irish slat as will ly on a groat
& as much of lett in pouder & as much spermaceaety &
giu it her to drinke doe this 3 4 or 6 times as
there is occasion

For a woman: that hath hard Trauell
to bee taken a weeker or two before her time

Take the iuce of raspas one ounce of the strong infusion of
cloue gilliflowers two ounces of the iuce of Kermis a ounce
3 ounces of white suger candy boyle it betwene two
siluer dishes or poringers with a gentle fire till it bee like
a sirup, take euery morning one spoonfull
The sirup of raspes & gilliflowers may serue
in=steed of the Luces

.23.

Goosebery Wine

Take for every 3pound of frute one pound of suger & a
quart of Water bruse the frute & steepe it 24 hours in the
water then let the Clear run through a haire ciue to which
add the suger, then put it in an earthen steane & close
couer'd for a fortnight or 3 weekes & then draw it in to
bottles well corked & bound downe at 3 monthes end it will be
fitt to drinke dureing the time it is steeping in the water it
must be stirred severall times  
In the same maner is made currance & respas wine

Apricocke Wine

Take 3 of suger & 6 quarts of water lett them 
boyle together & scume them clean then put in 6 of 
apricocks paired & stoned, lett them boyle till thay are 
tender then take them out & when the liquor is cold bottle 
it  
you may if you pleas lett the liquor haue one walme 
with a sprigg of flower'd Clary when the aprecocks are taken 
out it giues it a flauor  
you may use the apricocks to drie after the boyling

The Lambatiue for a Cough

2 ounces of oyle of sweete almons new drawne the 
& with great care the almons being blanched & all 
sownd 2 ounces of sirup lay as much white suger candy as 
will lly on a half=crowne in the botom of the morter 
& then add the oyle & sirup by degrees a little at 
a time & mixing it with a wooden pestle for an 
houre to thether till it is perfectly incorporated

the sirups are

for a cough sirup of Iuinbes or maiden haire  
for the stone sirup of allthea or the 5 opening rootes  
for the gripeing of the guts sirup of althea or maiden hair  
for a childe cloged with fleme sirup of uiolets  
for all these this is a good remedy ether take 
by it self a little at a time & often or with a draught of 
poset drinke. one spooenful put in a poringer of 
poset drinke & brew it ury well it will sweeten 
the poset & make it like almond milke & so 
to be dranke morning and euening.

A Water for the Stone

Take of the hearbe Saxafrage. Germander. lauender
fennel. parsly. Time. wintersauery. Cammomel. wormwood
penyroyal. Hisope. of each two handfuls. chop them small
& infuse them 24 hours in 3 gallons of small ale,
slice 2 or 3 nutmegs & put to them & the quantety of a
wallnut of Venice turpentin (well washed in redrose water,
& as much liue hony; then put all into a limbeck and
distill it, draw in all fiue quarts. of which may be
dranke 4 or 5 spoonfuls in white=wine or any other
licquor if you thinke wine too sharpe. take it 3 days
before the fall & 3 days before the change of the
moone.
This being taken in the begining of a fitt often
puts it off. if it be unpleasent sweeten it with
sirup of Athea.

A most Exellent remedy for a sore throte

Halfe a dram of Eyptiacum mixed with 4 ounces of
Melrosatum shake it well together & with a little
lint on a bodkin touch the place 3 times a day. eat
no thing in one hour after.

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.26.

A Gargle for to clence the mouth &
Throte of a sicke person

Take 2 or 3 ounces of the inner barke of the
elme tree. boyle it in a quart of water till \( \frac{1}{2} \) a pint
be consumed & it will looke like clareit wine sweeten
it with sirup of mulberres.

.27.

A Ptisane Drinke

Of China parsly sweetfenell rootes scraped & sliced each
an ounce. Egremony & auens each a handfull. Tamerinds 3
ounces. Iuiuces & Sebastions each twenty. reasons of the
sonne stoned a quarter of a pound. licorich scraped &
sliced two ounces. coriander annis & daucus seeds eache
two drams. boyle this in a gallon of water till it be
almost half boyld away then add as much cream of
tarter as will giue it a gratefull sharpness bottle up the
clear liquor & drinke a glas full morning euening
the Licorish is best infused in it when it is hot &
not boyled.
Gooseberry Wine

Take to every 3 pound of fruit one pound of sugar & a quart of water. Bruise the fruit & let it steep & stir it often. Then let the clear liquor run through a hair sieve & add to it the sugar. Let it stand in an earthen stean a fortnight or 3 weeks. Then draw it into bottles. Cork it well & tie it down at 2 or 3 months. End it will be fit to drink.

In the same manner is made Curant or Rasperry wine: but Cherry wine thus.

Stone the cherries & put them in the water which the sugar: together & give it a wallow or 2 over the fire then put in the cherries & let them stew gently half an hour. Then let the liquor run out as the other gently pressing them. The cherries fit for this use is the Great Bearer the Murry. the Morela. Black flanders & John Tradescans Cherry.

To make Essence of Amber Grise

Take a quarter of a pint of Spirit of wine so high rectified that it will burn all away. Put it in a small uill or bottle that hath a glas stopple grinded to fit it exactly. Then take 12 grains of ambergris & 2 of muske slice the Amber as thin as you can upon a silver plate. With a knife then put it in to the spirit of wine. Stop it close a bind the stopple down with a bladder or leather, that the spirits may not exhale. Shake it well together & let it stand 3 or 4 days shaking it 4 or 5 times a day & then it will be fit to use. If you find any dregs at the bottom after 5 or 6 days (that is) that the spirits are full & cannot imbibe the amber sower oft the toppe & put in fresh spirit of wine.

from Mr Selden
The Lady Kents pouder

Take of the pouder of crabs = eyes 3 ounces: the pouder of the tips of burnt harts horne 2 ounces: of crabs claws poudered 2 ounces; kermis berrys. Radex contra yerua. terralemnia, troschisei = of Vipers. of the best red corall. pearle amber. gum= draggon. of the best East indie beazar. : of each one ounce. being subtly powdered in a steele morter. desolue the gum= draggon in fouer ounces of red rose water & 2 ounces of treacle water distiled. let it stand 2 howers by the fier in a cleane well glased pipkin till it be stif: then with 2 ounces of it mixe the radex contra yerua the terra lemnia troches = of vipers the corall & bezoar. beat them in a marble mortor up into a stif body. & make them into balls of the bignes of a large walnut. put them up close in a box & set them 2 days a little distance from the fier so that a small heat comes to them. then beat them in to powder in the same marble morter. & with the pouder of crabs eyes crabs claws burnt harts horne & the rest. adding a drachme & half of amber greece & a little safron beat them up agane as att first and make them in to balls keepe itt for your use.

For melancholly vapors from the spleen

take 5 or 6 g of the grains of Cutchenell whole as thay are for 3 mornings together. when you find your self opressed with melancholly & itt will lay the vapors & is a high cordiall

Gascones Pouder:

Take of Pearle. red corall.corall white amber. crabs eyes. hartes horne. of eache a like quantity being seuerally beaten & serced in to exceeding subtle pouder. then take as: much of black tips of the crabs clawes. (made uery clean beaten & searced): as of all the rest. searce them agane all=together & with lelly of of=harte=horne made uery stronge & where in some safron is in=fused= mixe them uery well together & make them up in to balls and keep them for your use.
A Pouder for a cap when the head is shaued

Take of yellow amber. masticke gum sandrack of eache an ounce & halfe the roots of sweet calamintha. of nutmegs of each 2 ounces. of cinamon 2 drachms. roman nigella seeds2 drachms: of red roses. lauender flowers. sweet mariarom of each one drachm & half: beat all these ismall in to a grose pouder & quilt them with scarlet flox between two sarsnets & make it up in to a cap.

A purging pouder for the Stone

Take the seedes of annis carraway fenel. cummin of each half an ounce. Spicknard. Cinamon Galinga of each half an ounce. licquoris Gromwell of each an ounce. Senna the weight of them all. beat them in to pouder take it in a glas of white wine or make it up in a bolus with sirup of althea. 2 drachmes is enough att a time if your body be weake take not so much: take it in a morning fasting keepe your self warme & order your self as in purging phisicke This is an exelent purge for the stone or grauel or wind collick or a stopage of the guts or kidneys

A Pouder for the Yellow Iaundice

Take of Harts horne. Iuorie. Tormerick. the inner rinde. of a barberry tree, & the pouder of earth wormes. of each one drachm of saffron halfe a drachm. make all these into a uery fine pouder. take as much of it as will ly on a sixpence in 2 or 3 spoonfulls of poset drink euery morning fasting and at 4 in the afternoon for seuen or eight days together.

A pouder for a cough

Take of Masticke. Corrall. Amber. & Olibanum of each a quater of an ounce. finely pouderd & an ounce of white beaten. take as much as will ly upon a shilling euery night mixed with a little conserue of red roses.

Pulius Holandier Exelent for the stone
Take the seedes of annis. caraway fennel cummin; & of Spicknard. Cinamon. Galings. of each half an ounce. Licquoris. Gromwell of each an ounce; Senna the weight of them all; make all these in to pouder take of this 2 draehms in a glas of white wine or make it in to a bolus wth Sirup of Althea take it in a morning fasting & order your self as in purging phisick. if your body be weak take not so much this by experience is knowne a most exelent remedy for the stone: you may by the pouder at the Apothecarys by the name of Puluis Holandir or pouder of Senna the greater Composition

For Convultion fits

Misseltoe which grows on an oake drie the leaues in an ouen & beat them to powder & giue as much as will ly on a sixpence first & last 3 days together

for the same

Take great black snalles with out the shells cut them a sunder in the midle & you will finde a thine bone or rether shell. one of these pouderd & giuen in 2 or 3 spoonfulls of blackcherry water is a most exelent remedy for Convultion fits

.35.

For stoping

A Strengthening Gelly for weake Ioynts

Take the two fore=feete of a Calfe scald them & cleaue them. & cut the bones ouerthwart, then put them in an earthen pipkin or iron pot. with a galon of water, & let them boyle to a quart. then take it from the fire and strayn it into another pipkin & put to it, half a pint of the best muskadin & two handfulls of sweet mariarum the best sort; & 3 bay leaus & a quarter of an ounce of Cloues. brused. boyle them all together till it coms to a pint. streine it in to a gally pot & when you use it warme a little and anoync the weake parte.

For stoeping of the Vrin
Take the Elder blossoms just before they are full blown. Drie them in an oven till they are fitt to poudre. then beat it to a fine poudre & giue the patient as much as will ly on a sixpence in white wine poset or any other conuenient liquor.

For the Scuruie in the Gumes

Take the rinde of a whole lemond & boylit in a quart of Ale & sweeten it with a spoonfull of huny & wash the mouth with it 3 or 4 times a day.

For Convulsion falling sicknes or Fitts of the mother.

Take of a mans scull, un buried, one ounce. miselto of the oke 2 ounces. magistery of corall 2 ounces. roof of single piony one ounce. root of Elicompane one ounce. make all in to very fine powder. and give to a childe as much a will ly on a 3 pence. to a man or woman as much as will ly on a sixpence. if the diseas be violent give it euery morning. as long as the whole quantity last. if not. only at the new & full of the moon ^ 3 days giue it in a spoonfull of Aqua Epilipficae Langii, or in white=wine, or in black chery or rew, water.

Elder Berry Water

Take a bushell of ripe Elder berrys pick'd from the stalkes. bruse them & put to them as much faire water as will cover them. & a quart of yest, & as much leaven as the bignes of a penny loafe. breake the leaven small & sterr it all together & couer them close & let them worke nine days stirring them once a day. then still them in a limick you may drain off a galon of water. it is exelent for the colicke taken when the payn comes & for the dropsie take first in the morning 3 spoonfulls for 3 weekes together or longer if there be occasion.
this is better if instead stead of the leuen you put
a pound of more of poudre suger

Sirup of Elders

Take the Elder Berries full ripe, & boyled them in
a pitcher as you doe frute for Clearcakes; take to
every pint of liquor a pound & halfe of lofe suger
boyle it up just to scume; & it is enough;

A Drink for the Sciaticae or any payne in
the limbes & good against the scuruie

Take six hadfulls of the greene tops of the
pine tree. & as much of the firr. three handfulls
of dried bay leaues, one whole lemon sliced, one
ounce of licorish brused, & half a pint of sows
(or as cald by some) chees logs, half a pound of Ston'd reasons
shred the pin & firr & bays. & with the other
ingredins put them in a bolter bag & hang it in six
galons of Ale after it has done working & stope it
up close: in 5 or 6 days it will be fitt to drink
drink of it morning & noone. & if your
stomach will bear it drinke no other drinks

To Coller a Pig

Bone it & lay it in water 24 houres, then drie it
good in a cloth, & put on it a pritty quantety of salt
a little mace & nutmeg small beaten, & some whole peper
then coler it & boyle it, with a quart of white wine a blaide of mace
some whole peper a little lemon peel & the bones of the pig,
season it with salt as you se fitt, when it is boyld enough
strain the liqure from the bones. & put it warme to the
i pig in an earthen pot

To drie Neats tongues.

Take a pound of salt=peeter 3 quarts of bay salt, boyle
them in 2 pailefuls of pumpe water, until it will bear
an egg. then beat the tongues with a roleing pin, &
put them in to the brime when it is colde & lay some thing to keep them under the liqure, let them ly in it 6 weekes. then hang them up to drie,

To Stew a Hare

beat and & bruse the flesh & bones of the hare uery well, put it with the blood in to a stew pan with half & a pint of water some salt & a bundle of sweet hearbe, & what spice you please. & a good peece of butter, & as the liqure wastes add a little more butter; & when it has stued an hour or more, put to it half a pint of the claret wine warmed first before you put it in, & when it is neer redy shake in a little more butter. lett it stew uery slowly & close couerd of ten shaking & sturing it, 2 houres is the least it can be done in 3 is the useuall time,

To Make Almonde butter

Blanche the of half a pound Almons & beat them uery small with a little oringflower water, them mingle them with 3 pints of creame; & the 6 egges well beaten, a peece of lemon peel sweeten it to your tast, then boyle it till it is thicke, allways stirring it one way, & when it off the fire put in the iuce of half a lemon or better then put it in to a siue, & lett it stand holow to draine till it is colde, then driue it through the siue & so serue it up

To make Bean Bread

blanceth half apound of Almons. & cutt them in small peces cross ways, as thine as you can, take there weight in duble refine suger, finely beaten, & a few carraway seeds mixe them in a siluer bason, haueing in redynes, the whites of 4 egges well beaten with a little oringflower water as the egges froth take itt off and lay it on the almons which must be ouer a soft fire, so doe, till all the egges is roasted, keepeing them stiring in the bason, till the suger be all desolued & the sirup thickeend with the Almons & that none ran a bout, then put them in heaps upon oyld papers set them on pie plaits & put them in an oume-ouen after tarts are drowne
For the Rickets

Take .15: spoonfulls of Hartstongue water still'd in a cold still, mingle with it, the bignes of a nutmeg of the best Alkermise & sweeten it with 4 spoonfulls of sirup of cloue gelleflowers, giue the childe one spoonfull of this morning & euening 3 days together, then rest 3 days, & so continue till the quantity is taken if you find the least amendment giue the quantity thrice, it is most proper in the new of the moone.

To make a Caraway Cake.

Take 4 of flower dried in an ouen a pound of butter worke the water out of the butter, & rub it in small bitts to mingle with the flower, take half a pint of good ale yeast half a pint of creme & a quarter of a pint of sack (a little oringflower water if you pleas,) mingle these together & if it be not enough to make wett it very lithe, add to it some new milke; let it rise by the fire & then add to it a pound of ruf caraway comfits & half a pound of the small suger bisket, breaking it in small peeces & mengling them well with the dough let the ouen be redy & so hot as to make it rise, but not to scorche it, bake it on papers not in a hoope. 3 quarters of an houer will bake it if be made lithe as it ought to be.

To Make Cheisecakes

To 1 galon of new milke put a quart of maket warme as milk from the cow water set it with runet when it is come stir it well & let it stand an hour then pour off the whay & strin it thro the chees cloth till it is quite gone, put it in a bason. break it uery small add there too 1 pint of cream a little grated bread the yolks of 3 eggs half a pound of melted butter; half a pound of currents clean washed: & plumped before in warme water mingle them well together
& season it with sugar & a little nutmeg
for the paste gap dry the flower first
& rub the butter in the flower put alittle
sugar in it & one egg & mingle it
with cold water
if you raise them the water must first
boyle & stand to be cold agane

.61.

Lucatellos Balsam

Take of Venice turpentine one pound well washed 3 days
in red rose water. & beaten well: oyle olive 3 pintes. of
sack 6 spoonfulls. yellow wax half a pound. naturall balsom
half an ounce oyle of St Iohnswort one ounce red saundef
in pouder one ounce cut the wax in thin slises & set
it ouer the fier in a large skilet until it boyle
little then take it off. be throughly melted. then put in the
turpentine stir them together untill thay boyle a little &
then take them off from the fier set it by till next day.
then take it out of the skilet & cut it in slices that
so all the water may come from it. then put it ouer the
fier agane & when it is melted put in the oyles olieue &
St Iohnswort the sack the Balsom & the saunder. stirring them
altogether that thay may incorporate then let them boyle
for a short space. take it off from the fier & stir it for
2 houers to=gether so that itt may become thick & when
it is cold put itt up in gally pots & couer them with lether
this will keepe twenty years.

the Vses

melt it in a sawser & with a siringe iniect it in to
all inward parts or holow wohound: for outward wounds old
sores & ulcers anoynyt the place & spread it upon lint &
lay it too the sore. this cures all hurts so the vitalls parts
are not hurt
it is likewise very good for bruses the place being anoyneted
it is good for a cough consumption or other take a pill as
big as a small nutmeg rold in suger first & last morning &
evening

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.62.

Lucatellos Balsom another way.
Put a quarter of a pound of yellow wax cut small into an earthen pot with a pint of sack & melt it then take it off from the fier & put to it half a pound of venice turpentine well washed in rose water & a pint & a half of sallet oyle and Boyle them together with a soft fier untiill thy are incorporat then take it off & let it coole thoughly. then take out the cake cut it & melt it agane & put to itt of the best red saunder & stir itt till itt be cold.

An Exelent Oyntment for burnes or scalds what some euer or for any blisters of brekings out

Take a wine pint of oyle olieue & put itt in a pipkin. then gather some of the springs of the elder tree when they are no biger then the top of your little finger. also half a handfull of the young leaues. scrape lightly off the outermost rinde of the twiges & then take the innermost green rinde a handfull of it together with the leaues put itt in to the oyle take also a few planter leaues & a few leaues of sangreen or houslick put it to them with the sixethe part of a pint of white wine vinegar. & 2 or 3 spoonfull urin. & 2 inches of a cotten talow-candle without the weick boyle all thses on a soft fier half a hower. string it now & then. then strayne it through a corse clothe then put it agane in to the pipkin & put to it an ounce & a half of yellow wax. & let itt melt still stiring itt till itt is neer cold when you use it spred itthine on a paper or cloth & clap it to the burne leting itt ly 24 houers: if it be aplied presently it takes out the fier & keeps it from blistering. & heale in half a quarter of an hower there is so many comendations off itt that is too long to write

A redy way to know the deseas called the Kings euill

Take a ground worme & lay it aliue to the place greued & take a green docke leafe or 2 and lay them upon the worme & binde them to the place at night when the patient goes to bed: & if it be the Kings euill itt will trune to dust or poud=er by the morning otherwise it will reamyn dead in his owne former forme as it was a aliue

A perfect remedy to cure the desease called the kings euill Take an ounce of pure yellow bees wax or sumthing more
& an ounce of uenice turpentine a good quantity of sheepes
suet clarified. boyle them alltogether & when they are well
boyled. put therein 2 good handfulls of the purest barlyflower
clear without weedes then temper this flower with the other
things. then put therein 3 spoonfulls of the urin of a man
childe he being not aboute 3 years old then boyle it agane
put itt in some earthen or gally pot & stop itt close. keepe it
for your use: when you use it spread it on a pece of fine
linin or on lether and lay it on the sore plaster waies &
by god's helpe it will cure the patient.

Another for the same deseas

Take a liue toade & cut of one her hinder legs
sewe it up in a pece of silke & hange it presently a bout the
necke of the party greeued: obserue if it be a boy or man that
is greeued then a girle or woman must kill the toade but if
a girle or woman be ill then a man must kill it
this hath cured many. howeuer it doth sertainly help the other
remydy or any other you shall apply to the sore (if any) to
worke the better efect, & sooner cure.

A poltis for an impostum

F Take a whitelilleyroote & twelue figs & boyle them
in clear water untill thay are verry tender then
take them out of the water & beat them then take
4 ounces of linseed finely pou'd red mingle all these
together with the water to a stif polltis then take
itt off & when itt is allmost colde add to it an
ounce of oyle of Lilles an ounce of oyle of camomell
six peny worth of safron finely beaten & the yolk of
one egge
This will quickly dessolue or break it

A Plaister for an Ague

Take rew & Bearsfoot of each one handfull
bruse them & spred them upon a double holond &
couer them it with a softe wax all ouer, & ouer it
lay a pigs blader to keepe it from sticking
lay it to the nauell the linin next & swathe it
on an hower before the fitt comes at twice useing
it cures;
A Cleurcloth for a Strayn or Bruse
or any red swelling or ache

M Take of the best salet oyle halfe a pinte put it
in a clean skilet & set it on the fire untill it be
warne then take an ounce & quarter of fine Cearus uery
small beaten and put it to the oyle stiring it with a stick
ouer the fire untill itt boyle & looke clear then pat to it
a quarter of a pound of white lead finely beaten. stir it conten=
ually till you perceau it to looke like tarr or droping it
in water that it will roole in your hands then lett it stand
a little & poure as much at a time in the water as you can
make up in a role; wrape it in oyl'd paper & keep it for
your use
it will keepe along time

An Oyntment for the Itch

F Four ounces of oyntment of Orangflowers as much
fresh butter. 4 spoonfulls of the iuce of Lemons. & half
an ounce of the best white Ginger. pouder the ginger
uery fine. & mixe all these together uery well with a
wooden pestle in a stone morter. & anoynte the place
broken out

Mr H Another for the same

take Elycompain roote & as much fresh hogs lard
boyle them rootes uery tender & mixe it with the
larde as the former
it will doe well to keepe the water the rootes are
boyled in & giue the party a pl 6 or 7 spoonfuls
mingled with suger att bed time euery night while thay
use the oyntment.

To help Conseption
from Dr Pacher
this recep was kept as a secrit
& valued much, the whole cours was
5 sold by one that got a liueing by
A The Potion

Take of Pillitory of spain of madder of each one ounce of smalage of slains or hearb Bennet of each half an ounce; mug wort, penyroyall, Calle mint dittany of Creet, Baum sauer of each one good handful; of Gallingal the less 2 dragmes of the outer rinde of Citterns half an ounce, of mace & Cinamon each one dragme & half, of Centrie & Saffron a scruple shred the hearbs & bruse the other things, then boyle them all in 3 pints quarts of white wine in a dubble uessel twice as big as will contain the ingredience, well stopt & couer'd with a blader that is wet let them boyl 6 hours softly & no longer, when they are cold keeps let them be strayn'd wrang out by strong comprestion & keep the strain'd liquor for use

BThe Pills

Take of the masse of Pills Fentido the greater four scruples let ther be formed out 14 pills let them be couer'd with leafe gold

CThe Electuary

Take the concerue of baum one ounce & half, canded mutmegs the rinde of Cotton canded each 3 dragmes Specium Cretiteis galeme 4 scruples sirup of balm according to fernelius as much as is soffitient to make itt in to a thin electuary

DThe Wine

Take Rosasolus new when it may be had; 2 a great handfuls of white wine 4 pound let it in fuse in a glas. with a straght mouth well stoped

The Bag

The day before it is used infuse in 2 pound of white wine upon warme imbers, dittany of Creet flowerd, dried penyroyall maidenhair of each 2 dragmes sentery safron
brused half a dram, let them be shred & brused afte
a grose maner & put into a bag of red sarsnet
let it be taken morning & euening 4 be ounces at a
time good waight the bag a little before being lightly
squesed with your finger,

The uses

A The Potion is for purging the wombe from all
hurthfull or superfullus humers which hinder conception
let her take 4 ounce of it att a time or a little
more 3 days to gether morning at 7 . & euening at 5 a aclock
the fittest time is when those first apere, it must be
all drunk up in the 3 days
B the day folowing let her take 7 of the pills marked
B. more or les a cording to her stringth let her
keep house that whole day, & abstain from eating
drinking or sleeping 5 hours after your taking them
The day folowing take the potion agane after
the same maner for 3 days but with out sauen
if the former was too powerfull otherwise the same
the 3 days ended take the 7 other pills ether les or
more according to the working of the former
C These 2 things being finished let her take twice a day
att 7 in the morning & 5 in the afternoon a much electuary
marked C as the bignes of a wallnut & drink upon it 3 or 4
spoonfulls of malago sack contening it till the whole be spent
D After this let her drinke of the wine marked D
without any distinction of the houre

.69.
the bag is added to be used the munth folowing if
those apere agane & not else
let her take heed to her self all the while these are
taking as much as may be to keepe from all perterbati=
=on of mind as anger sorow &c & from uiolent
motion of the body.

.70.
Mr Hoby

This is an admirable
water

Feauer Water
Exelent fo in the Plague or small pox & it
twice takeing helps a feauer
In a quart of small spiret of Cardus & a quart
of small spiret of poppys infuse three ounces of
English snakeroots & three ounces of Virginia snake
rootes two ounces of the best London Treacle foure
ounces of Cardus seeds two ounces of Hartshorn
twenty green wallnuts sliced . fouore ounces of marigold
flowers lett all thes ly & enfuse nine or ten days
then distill them in a comon still
When you giue it let the patien ly in bed
& take nothing in two houres before nor after
it may be giuen once in 24 houres or once
in 12 Houres as occasion, for a man 3 spoonfull
for a child less

To make the Spirits

Take strong ale fill the Limbeck with it then put
in as much cardus as will make it uery thick
distill it receus the first & strongest by it
self & the small by it selfe that you usee-
for this should be as strong as sack
so is the spirit of poppy or any other herbe made
if you would haue the spirit stronger cut in fresh
cardus in to it & still it agane it is a uery fine
spirit

Vnguentum Contra Serpigenem

Take the leaues of H Violets Marigolds slains
shred them smal & boyle them in fresh butter till
that looke green & the hearbes begin to be black; then
take it from the fire, & before it is cold strain
the herbes out & keepe it for yo use.
it good for childrens heads broke out or any hot sharpe
bre-breakings out or for a burne

The Collicke Water

Take of Cittrone Pilles dried Orange pilles Nuttmegs
Cloues Cinomom, of each two ounces, Ciprus Orris
Calamus Aromaticus of each an ounce. Zedoary Ginger
Galangal of each half an ounce rosemary tops & Lavender
of each two handfuls; the leaves of bays, marigold, 
Isup, tawne, mint, sage, & time, of each one handful
& half, damask rose leaves one handful, 4 pintes of red rose
water, a quart of spirit of sack, & 3 quarts of the
best sack, bruse the roots & spices, & cut the herbs, &
steep them in an earthen vessel 24 hours then distill
them, in a limbeck, draw off 2 quarts of the strong & one
of small,
take from one spoonfull to six of the strong water
in a draught of small beer warmed before the water is
put in, & from 2 to 10 of the small, according
to the paine & necessity of the patient,

.73.

The Brewed drinke for the Rickets

Mrs Hoby Take the inner bark of a young ashe not 20 years
old of succory root Osmond royall root, (or for want of
that maile fae me) of each two handfuls, boyle these
in middle Ale worte an hour; the roots slit &
both thay & the bark brused, then put in Egremony,
sanicle, speedwell, succory, Coltsfoot, Clivers,
Cowslips of Jerusalem, Maidenhaire, Cumfry, Teterach
Bettony, of each 2 indifferent handfuls, let these
boyle with the roots an hour strein it & make it
up five gallons or something more with some of the
same wort, worke it & tun it as other drinke, then
the ince of 4 handfuls of scuruegrass & 2 of water=
=cresses, & a handful & half of harts tongue leaves
& as much liuer=wort a handful of tameriske, half
a pound of reasons, stone the reasons & bruse the hearbes
& put them in to a bag & a stone to sink it
& hang it in the vessel; att 5 or 6 days old let
the childe drinke it, as often as you can get it
if it drinke no other drinke it is the better
if the childe sucks let the nurse drinke it,

.74.

A diett Drinke for the Ricketts

Take the leaves of liver:wort, Egremony, harts tongu
scabius, speedwell, Ceteracke, Bettony, of each three
handfulls, the shaeuings of hartshorne & Iuory
of each 2 ounces, the roots of Osmond royall
male Fearne, & succory of each 2 ounces & reasons of the sun stoned half a pound boyl all these in 4 galons of small ale wort on a gentle fire 2 hours, let it be strand, & set it a working as other Ale / The Roots Hartshorne & Iuory must be put in first & boyle an hour before the hearbes for one hour is enough for them, att 5 days end it is fitt to drink & it is best to put one galon more of the same wort to it when you set it working of it will tast to strong, when the quantety is half drink up bottle the rest & then brewe. more

.75.

The Terpintin Glist

Dr P Take Camomill & Millitot flowers of each a handful Jniper berres brused half an ounce; boyle them in clear poset drinke or spring water the quantety the intend to giue, then desolve an ounce of Venice Terpenten by mixing it first with the yolkes of 2 new layd eggs by degrees; & after that mingle it with the aforesaid liquor add to it the bignes of a nutmeg of fresh butter; it is an excelent glister for the Colicke or stone

.76.

The Hartshorn drinke

Take an ounce of burnt Calcined hartshorn, put it in 3 pints of spring water. & boyle it leasurly till one pint be wasted, then poure it on 2 ounces of hard suger & season it with Cinamon water in want of the water or poure it 2 or 3 sticks of raw Cinamon; if you please you may add peirle, or Cutchenell, or rosemary, sage or what other hearbe is proper for the distemper or put to it 4 or 5 sponefulls of sack or Epedemiccall water

.77.
The Chalibeat Sirup

Dr d Take 2 ounces of filings of Steele infuse it three weekes in a Quart of whitewine in a glass bottle then pouer all of the wine upon a dram of mace brused lett it stand six days then strain all through a glas tinnill lin'd with a sheet of cap paper which is t-cald to philter itt, in the wine desolue as much fine lofe suger in smalle peeces as will make it in to a sirup without boyling

The Broth

Take Scorcizoera root & Succory root of each one ounce of the fiue opening roots of each 2 drams of liuerwort & maidenhaire each a handfull with half a chicken or a little uveal this will make for 3 mornings take a draught of this an houre after the steele; & stir after it,

For the Toothache

Parsly & bay salt beaten together & / tied up in a fine rag & put in to the hole of the eare

For an ague.

Olibanum mastick Bolearmonack in fine poudre of each a peneworth & 3 penyworth of Venice turpentin mingle these together & spred them upon lether & cut fitt to the wrists lay them on long way from the bending of the wrist upon the pulse about 3 or 4 inches long bind it them on & let them ly as long as it sticks if it cure not at once doing it will the second time.
To sweeten the Blood

Take a small handfull of the flowers cal'd Oxe=eyes, a spooone full of pierle barly, & an ounce of candied eringo root; cut in small slics: boyle these in 3 pints of spring water; to a quart strain it & keep it for your use; put to this a quarter half a pint or something less of this 5 or 6 spoonefuls of new milke & drinke of it twice a day in the morning & at 4 or 5 in the afternoon

For a Cough

take of the sirup of Violets sirup of Gelleflowers & sirup of red poppys of each one spoon full, spirit of sulphur 20 drops. mingle them well together & take a little of it as often as the cough is troublesome

For weake eyes

take 3 pennyworth of lapis Calimnaris burne it & quench it 9 times in white wine & wash the eyes with it

A Pouder for Wormes

Take Rubarb Sena Wormeseed & burt harts horne of each an equal quantity finely poudered & searc'd mixe them well together; giue this; as much as will ly on a sixpence to a young childe & so increas the dose as the childe is older three morning together unless the childe be weake then every other day the wormeseed & sena must be dred or else thay will not pouder; keepe it in a glass close stop't this has been used with great succes

To make pancakes

Take a pinte of creame 4 spoonfulls of fine flower well dried 4 egges 3 quarters of a pound of butter well clarefied season it with salt & a little

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nutmeg mixe it all uery well together. there needs no butter to frie it, it is fat enough to fry it self. thay must be uery thin & in a small frying pan

1001

To Marinat all sorts of fish the Italion way

Take your fish gutt & scale them & wash them. then take as much fresh oyle as will conueniently frie them. & fry them uery hard & crumpe apon the fier all ways flameing & that you may know when the oyle is redy to put them in fling a little salt in to the pan & if the salt hise the oyle is hot enough let itt stand till itt is cold before you put in the pickle.

The Pickle

Take white wine uineger as much as will couer the fish & put in to it salt whole peper. rosemary. 6 or7 7 bay leaues. a little safron. a little Garlick or charlot choped small & a few corrants. let all this fry together in the pan. when it is enough take it off & mix as much suger or huny as will giue it a pleasent tast. & take off the sharpnes of the uineger., obserue that if the uineger is too sharp you must put water to it & boyle itt after., lay your fish orderly in a \& earthen pan & poure the pickle boyling hot upon them this may be eaten 2 days after thay are in the pickle & thay will keepe 2 or 3 munthes. LL.

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.102.

To make a Sheepes head Pudden

Take the sheepes head & par boyle it & when it is cold shred itt small; then take a pound of beef suet shred a pound of currants 10 egges the whites & all a penny loafe of white bread grated a little suger & a little nut=meg mixe itt wi milk or cream pritty thicke. then put itt in the caule of the sheepe which must be spread while itt is hott on the backside of a dishe as thine as you can; lay the caule in a cloth first wet & then flower'd. & so tie it up &
put itt in boyling water & let it boyle 2 houers
let there not bee any more of the caule then lust to
couer the pudden & take the thinist part of it or
else it will bee too fatt.

A Custard Pudden.

Take a quart of cream 12 egges whites & all
beat them very well & strayn them in to the cream
put to itt a little suger & a good spoonfull of wheat
flower stir itt very well together flower the bag
put itt in when the water boyles & let it boyle
very fast one hower.

.103.

To Stew a brest of Veall.

Take a brest of veal & frist frye it half enough
then put it in a stewing pan with stronge brothe
& claret little wine a little mace & whole peper & let
it stewe when it is allmost enough that is when it
is very tender adde to it pallets cocks compotes &
boylde tender before with sweet breads, & some very
young green peas or french beans. or musherums or
what else you thinke may giue it a good relesh if
you have none of these cut the sweetbread in thine
slices & lay upon it & if you find the sauce thin
thicken it with the yolke of an egge.
the juice of green grapes will giue this or any
stewed meat a good taste.

A Sack Poset or Custard good eather hott
or Cold

Mrs
Bucham
Take 2 quarts of new milke sett itt on the fier
then take both the yolkes & whites of 20 egges a pinte of sack quarter
a pound of suger a beaten nutmeg; beat all these
together very well. & warme them by degrees & when
the milke hath boyled take it off & put them to=
=gether gently. & couer them with a dish & napkin
& itt will bee like Custard
the egges must be beaten & straind & the
sack & suger mingled with them before they are put to the milke & then stir'd all one way for a while; & couerd close with a woolen clothe when it is taken off the fire

To Stew Pippens

Take the fairest pippins pair & core them in halfes & put them in water. take to a pound of pippins a pound of suger & pinte of white wine or sider & a pint of water make a sirup & scume it very clean then scrape the seams out of the apples & put them into the sirup & let them boyle very fast when the sirup begins to be thicke put in some ambergreece & the luce of a lemmom & a little lemmom pill shake them together & so take them off of the fier & lett them stand till they be cold then lay them in the dish with cittron pill laying the jelly in lumps up on them take out the lemmopill

Pancakes

Take 16 egges the whites of but 6 of them beat them very well together then take a quart of fine flower & 3 spoonfuls of sacke mixe them very well together & temper itt thine with faire water then put to it a grated nutmeg a little suger & some salt the butter must be melted before you put it in the pan,

To Make Meade

Take to one gallon of honey six gallons of cold water stirr it well together let it boyle one houer taking off the browne scum but stirr in the white scum into itt. when it is well boyled lett it stand till it bee as cold as wort useth to be when it is sett together a working then take a pece of browne bread & toste it on both sides & spred musturd on it and put it in to the mead or spred itt with new yest & strow it with a little flower put it in your mead & a wooden dish upon itt & so let it worke if you
bruse a little galingall & hang it into the uesill it will giue it a good tast

Cocke Ale

Take a cocke draw & truss him as to eat then parboyl him & strip off the skin bruse him in a morter till all the bones be broken, then steep it in two quarts of the best sack att night have redy eight gallons of ale & when it hath allmost done working put in the cocke & sack & 4 pound of rasons of the sunne stoned & brused in a morter 4 ounces of dates stoned & sliced one great nutmeg slices & a little cloues & mace. stop it close & at 7 days end draw itt in to bottles puting a little lump of hard suger in euyer bottle & after 7 days more itt will be fitt to drinke, & will keep good a munth or longer

To Make Almond Iumbals

Take half a pound of almonds blanched, & half a pound of double refine suger beaten & sersed beat the almonds small & mixe them with the suger & when it is beaten, put in half a spoonfull of gumdragon steeped, & desolu'd in rose water, & the white of one egge beaten to froth. & a few corriander seeds mingle these well together set it on a softe fier till it grow pritty thick then take itt off the fier & lay itt on a clean paper & beat itt with a roleing pin untill it be like a soft past; then role them in fine suger into knots; & lay them on papers oyl'd with sweet oyle & put them in an ouen; & as soon as thay are throughly risen take them out before thay be harde the cakes are the same only leaue out the gum

To Make Bisket

Beat a pound of suger uery fine, & a pound of fine flower dried beat 12 egges/the whites of but 6 with a little rosewater. & when thay looke white in first your suger & then your flower a little before you set them in to the ouen. & dust them onew with suger & flower as you set them in
put in seedes of what sort you pleas.

To Make Cheesecakes

Take a quart of cream sett it on the fier & when it boyles put in eight egges well beaten yolks & whites together stirr them up=on the fier till it come to a curd then pouer it out & when it is cold season it with suger & rosewater a little nutmeg & salt 3 quarters of a pound of currants & put them in puff past

To Make a fresh=Cheese

Take 3 pints of new milke & a pint of cream a little mace nutmeg & cinamon put whole into the milke; when it boyles put in 2 egges yolks & whites with 2 or 3 spoon fulls of vineger to turne it let it seethe upon the fier untill it come to a tender curde. then put p-it into a strayner & tie it up. & let it hange a draining 6 or 7 houers when you open it take out the spice & season it with suger & rose water then put it in the culendr pan & lett it stand an houer & then send it in with cream under it

To Coller Beef

LL Take the thinne end of a brest of beefe the bignes of a coller of brawne, bone itt & then cut it ouer thwart two inches a sunder but haue a care not to cut it quite through, then make pickle for it with two gallons of fair water & as much salt=peter salt as will make brine & when it is boyld & cold then put in the beife. & put in the pickle as much salt peter as the bignes of an egg let it ly 9 or 10 ten days: in the pickle Then take half an ounce of white pepper grosely beaten as much cloues & mace a handful of sweet heartes minced, then take the beefe out of the brine & drie it & strew the seasoning in euery cut then take the yolkes of 10 egges being boyld hard cut them in quarters & lay them likewise in the cuts of the beefe
when you haue so done role it up in a napkin as hard as you can then boyle it tender take it up & let it ly till it bee three parts cold then tye it as hard as euer you can & so let it ly till next morning

A Barly Pudin

DP Take a pound of french Barly wash it very well in several waters then put to it 3 quartes of new milk and one quart of water half a pound of suger & a nutmeg sliced or grated put it \(^\text{in a deepe pan}^\) & bake it with browne bread seasoned \(^\text{with some salt}^\) & you may ether eat it so or bake it agane in a dishe adding to it a little grated bread 3 or 4 eggs & some marow & what frute or sweet meats you pleas.

To Make Sawsseages

LL .Take the leane of a legg of Porke & four pound of beefe suet or rether better; shred them together very small then season it with 3 quarters of an ounce of beaten pepper, & half so much cloues & mace mixed together a handful of sage chopped small, & as much salt as you thinke fitt, then breake in ten egges all but 2 or 3 of the whites temper it well together with your handes, & so fill it in to hogs guts that you must haue redy for it, & tye the ends of them like pudding & let them be throughly boyled & when you eate them, thay must be broyled on soft coals for hott coals will crack the skins & all the goodnes will be lost

To Make Waffers

take 4 spoonfuls of fine flour almost 2 spoonfuls of fine suger both serced & dried the yolke of an egge & one spoonful of rose water make it in to the thicknes of batter with fair water. & bake it in wafer Irons

To make a poset without milke.
Boyle a quart of Ale & skime it well. set it on a
gentle fire & put in to it a quart of sack & a pound
of suger then beat 20 egges very well both whites
& yolkes & poure then in by little & little with your left
hand, & stir the poset well all one way with a spoon in
your right hand when it is enough take it off & put
it in the bason

To make a Lemon Creame

Take 4 great Lemons chipe them very thin &
shred those chips uery small, then put them in to a
poringer & squease into them the luce of all 4
lemons, so lett them sleep foure hours, then take the
whites of 6 or 7 new layd egges & the yolks of but 3
beat them uery well to gether & put them into the lemon
luce & peele, & a large poringer of faire water a spoon=
=full or 2 of oringflower water stir it all well together
& strayn it & sweeten it with suger to your tast you
may put in a little Ambergreece if you please then set
it on a chafingdish of coals stirring it continually it
must scalde but not boyle so keepe it till it bee as thick
as the best creame & serue it cold, it must be stirred
all one way or itt will not thicken, half the recept
will make a handsom dishfull.

To make a Buttermilk cream

Take 3 pints of Buttermilke & let it stand untill
the next day, then take a quart of cream & boyle
it & put it in to the Buttermilke as it coms off
the fire, & let it stand 5 or 6 hours, then hange
it up in a strainer of canues & when it is well
drayned put it in to a bason then stir in to it
with a spoone rose water & suger to your likeing
put it in a dish & put creame upon it,

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To Make a Caudle

Take a quarter of a pound of french barly wash it uery well
& boyle it in 3 seuerall waters take the last water which
must be uery well boyld & to a quart of that put
a quart of Renish=wine lett them boyle together then
take the yolks of 10 egges very well g-beaten sweeten it
to your tast & let it boyle to what thicknes you
please but constanly keepe it stirring while it is on the
fire that the eggs curdle not. put in a blade or 2 of mace
at the first; & att last add the luce of 2 lemons &
a little lemonpille & let it stand ouer the fire agane still
stiring it when you thinke it thick enough haue some
french bread tosted & layd in the bottom of the dish
& serue it up warme.

To make a Quince Puding

Scald the quinces very tender: paire them very thin &
srape off the soft & mash it well put suger to it &
(some poudre of ginger & cinamon if you pleas) then take sweet
cream to every pint of cream the yolks of 3 or 4 eggs & put
in the quince an make it pretty thick; so you may do with
aprecocks pear plumbs or pipins

.113.

To make wafors of suger of All calours

Take Clouegilleflowers Violets Cowslips steepe each flowers
seuerally in as much iuyce of lemon as will couer them
when they haue stood 24 hours strain the flowers out &
into the infusion put in as many more. let them stand as
long then strayn them out & if the colour be not deepe
enough doe it once more:
then take duble refine suger finely serced & in a siluer ladle
wett it with the iuyce of lemons alone or a little oringe
flower water with it, stir them to githir till it is as thicke
as cream then in a siluer spoone mix more of the seirced
suger with any of the colours you would streke it with
then let them be held ouer a chafing dish of coals
by tow persons. contnually stir'd & when they smokd upon
a knife then put out ouer a spoonfull of the white. &
spred it round upon papor with a spoon or knife thine like
a wafor then with the colours marke it in seuerall places as
you pleas while they are both thine, & when they are
so much stiffend as not to run, thin off the corners of the
papers that they may be round when they are dry
take them off the papors with water

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.114.
An Oatmeal Puden

Take 3 quarters of a pinte of great oatmeale
picke it ury clean & beat it but not too small
put to it a quart of cream

To Pickle Cowcombers

I think it best to boyle
the fenel & dill in the
pickel & then lay it betwen them
Take white wine vinegar but if, it be ury sharp mingle it with bear vinegar, & make it as soft as to bear an egge. put to it some peper, ginger, & 2 or 3 cloues, take your coucombers, & wipe them ury clean, & lay a lay of fenell & dill, with the seeds in the bottom of the uesel & then a lay of cowcombers & then agane some more dill & fenell & so till all the cowcumbers are layd in then boyle the pickell. & pouer it hot on the cowcomber & couer them close & let them stand till next day then pouer the pickle from them & boyle it againe pouer it on them as before, & doe this 3 or 4 days together, till you see the coucombers looke green & growe firme which at first will looke browne & wether'd then tye them up close & thay will keepe all the year ury well.

To pickle Turnups

Take young & cleare turnups. paire them & slice them ury thin lay them in a galy pot & betwene euery lay of turnups strew some grosse peper & a little mace & some dill seede then pouer on them as much white wine vinegar as will couer them

To Pickle redesh pods

make the pickle of white wine vinegar salt & spice & pouer it on them scalding hott thay haueing bene boyled tender before
To Pickle Wallnuts

Take smalle greene wallenuts picke them from the stalkes then put them in cold water & set them on a gentle fire till the outer skin peele off & then wipe that off with a corse clothe put them in a tub or or pott & put salt & water to them changing it for 10 or 12 day til the bitterness & discolour of the water is gone

The pickle

Take half white wine & half the best wine vineger accordin to the quantity of nuts. sett it on the fire boyle it half an hour, a little before you take it off put in white peper ginger Cloues Mace an equale quantity, enough to make it very strong of spice & a few bay leaes wipe the nutts dry & putt them in to the pickle while it is boyling & immediatly take them off & couer it close; when it is cold put them into a new earthen pot well glaced tie them close with a pecce of leather if you would have them like mangoes you must drag a little garlick in to the nuts.

The Milk snail Water

Take a galon of new milk of a red cow a hundred. or more of shel snails wash them clean & crack. the shells throw a way the loose shells take pint of earth wormes clean washed Boyle the snails & wormes in the milk, half an hour put them in to an ordnary stille. put to them harts tongue; alehoofe cowlispe of Jerusalem; pimpernell; coltsfoot; of each a handful; speremint 2 handfuls cut them with a knife to ly well in the still & to mingle with the snails still it with a pretty hot fire now & then stiring it let it drop up on suger candy two ounces to quart giue first & last 8 or 9 spoonfulls
to strengthen a weak childe

Take a pottle of great shel snails & put them in a canuis bag shake them

To make boyl'd Macarones

Take a pound of double-refine suger and a poud of Almonds. blanche the almonds & beat them verry small putting a little oringflower water to them as you beat them to keepe them from oyling & the white of an egge. or 2. then take the suger in great lumpes & put iust so much faire water as will wett it, & boyle it to a candy hight, then stir the almonds in to the suger & let it stand a little on the fire to thicken stiring them verry well to mingle them dropp them upon puter pie plates about the bignes of a macaroon, & set them in the stoue untill thay candy on the top, then with a knife turne them till thay are candyd all ouer which will be in 2 or 3 days or less.

To make a Cake

Take seauen pound of flower well dried one pound of suger, & a little spice, mingle it with the flower then take a quart of cream & slice a pound & half of butter into it, sete it upon the fire till it be melted, then take it off & let it stand till it bee luke warme. then take the yolkes of 6 egges the white but of 2 & a pint of ale yest a quarter of a pint of sack. & 3 or 4 spoonfulls of rose water; mingle them all together with the creame then make a hole in the flower & put them in to it shake a little flower on the top, & let it stand an houre by the fire to rise then take 6 pound of currant wash'd & dried verry well. mingle it well with the flower & make it in to a cakelet it stand 2 hours in a pretty hot ouen
To Make frute bisket

Scald your frute ether apricocks plums or any other frute & take the pulp of it. & duble the waite of duble refine suger beten & sersed mixe them togeth= =er. both being hot as for clear cakes beat them in a bason or dish an hour or more. then put them in cofens of paper & set them in a ouen iust warm (as after tarts a drawn) or elce in a warme stoue & let them stand till thay are drie att the conclusion of the beating of them stire in them some of the froth of a new layd egge the white only some doe it without the egge.

To Make Wafers of Quince or any other frute.

Scald your Quinces & take the pulp. put it in a siluer poringer ouer coals till it is pretty drie. then weigh as much duble refine suger as it weighs & boyle it to suger agane then put in the pulp & when the suger is clean melted & coms from the side of the bason put it out upon sheets of glas or tin plates & spred it all ouer as thin as can be but all a like, & the sides euen. set it in to a hot stoue & when you se the out side begin to be pretty drie cut it in to peces & role it up holow like wafers. but not so long. & let them drie in the stoue, the quicker thay are dried the beter will the colour be other frute as Aprecocks & Plums must be boyld in a pot & so pulped;

To stew Pigons

Stuf the bellys & cropswith forced meat & set them with there necks upward as close as you can set them in a skilet & fill it up with water & a little butter (to a dozen of pigons a quarter of a pound of butter) put in a bundle of hearbs such as parsly mariarum sage or what you like, 2 onyons a little spice & when thay are almost enough desolue 2 or 3 anchous in half a pint of white wine, & put too it take out the herbes & shred them & in to it&
thicken the sause with the yolke of 2 or 3 egges & serue it up; thay must stew leasurly
For the forced meat take the flesh of a leg of ueel & to one pound of that 2 pound of befe suet, shred them very small together then beat it to a past season it with spice & salt to your likeing shred some sofe hearbes in to it & an oyon if you pleas put to it the yolkes of 2 or 3 egges the white of one if you use it presently) or elce put not the egges to it, adda little browne bread grated, if you fry any role them on a table with flower, & let the pan be hot before you put them in,

.123.

Chacolet

the ingredience
ounces
Cacao - 1 - 0
Cinamon - 0 - 3 2 part an ounce
spanesh peper - 0 - 21^1_0 part an ounce
suger - 0 -- 10 part of a pound
uanilles 3
musk & ambergrees 3 granes
take the cacao nuts which must be uery godd
put aside all the brooken to be done after put them in a coper or iron frieng pan neuer used for ony grece ouer a a good moderat fire &stir them continualy that all may be alike tosted
to know wen thay are enough take some in your hand if thay crumble easely thay are enough or if thay crack & leape in the pan the spices must be beaten fine & sersed & all but the vanilles mixed with the sugar iust as you use then break the cacaos up on as stone
clence them from the husks when it is in a mas like dooe grind it ouer agane with all the strength poseble then strow in the suger & spice mix it well to gether & grind it agane twice ouer
lastly put in the vaneles mix'd with the suger grinding it till it looke like batter when it is cold you may make it in to what forme you pleas the stone she must stand ouer fire all the while it is a grinding it is not fitt to use tell it has bene 3 munths made.
.124.

To make Vineger

Take to a galon of Spring water 3 of Malego reasons & set it in the sun in May let it stand 6 weekes. & then strain it off;

for giddynes & vapor

Grumwell seed coriander seed caraway seed cardamum seed fenel seed of peony each an ounce; peony root march malow root in thin slices of each an ounce lay them in an earthen pan & power upon them a quarter of a pint of the best sack set them in a ouen till thay be so drie as to pouder take as much of this pouder as will ly on a 6 pence in a morning or at any time in a conuenient liquor malet leaves in the shoos

.125.

Take rosemary tops lauender tops woodsorill sage marshmalow root piony root boyld in white wine poset drinke

.126.

Frier Range his Diaphretick Essence

Take 4 ounces of Salt Armonicae purified 8 ouncs of Fine suger put them in to pouder & mix them well together; then put them in a glas limbeck with the head or couer, & great receuer, well luted, which you shal put in to a bath of sand, obseruing the degrees of your fire which ought to be very strong at the layter end of the oporation, this may be done in 8 hours time, rectifye your essenc into a little glasse limbeck;

The Cordiall Sirup to be mix'd with this Essenc
Take 2 ounces of red Popy flowers dried, one ounce of Bugle flowers one ounc of Gilleflower one ounce of red roses all dried, put them in a large earthen vessel, pour upon them 4 quarts of boiling water; let them infuse close covered till it is cold, then strain it; take 8 pound of refined sugar dip it in as much water as will melt it boyle it & skime it well then mixe it with the infusion boyle it agane & skime cleane when it is cold add to it three ounces of the Essence, & 5 or 6 ounces of Oring flower water obserue to mixe it well with a wooden spatula. & it ought to be boyled in an earthen vessel

The Vse

It is to be taken one spoonfull in a glass of water 3 or 4 times in a day if needed as thus; one in the morning fasting & a quarter of an hour after another, fasting 2 hours after & agane and in the after noone, & at going to bed when you are much troubled with vapors the Vertue is it strengthens the memmory the stomack & the braine it rectifies the blood it is good for the smalpox goute rumatisme & Vapors; if it be is or only for vapors you may duble the proportion of popys & leauout out the other flowers

150.

To preserue Gooseberrys.

Take the clearest gooseberrys you can get allmost but not thorough ripe. then take out all the seeds. & take the same weight of the luce of gooseberrys & waigh them seueraly. take to a pound & quarter of a pound of sugor. waighing both sorts of the liqor & goosberries: lay a lay of suger & a lay of goosberres & let them stand a little before you put in the liqor & keepe out sum of the suger when you set them on the fier put in the liqor & boyle them uery fast shakeing them together when they are almost enough put in the rest of the suger boyle them a little longer & when they are enough take them off & couer them with a plate for a little while then take out the goosberres & boyle the sirup till it jellys
To Preserve Grapes Greene

Gather of your white grapes before they are ripe cut them into small bunches, have water almost scalding hot put your grapes in it cover them close & let them stand half an hour off the fire, have another water ready to seeth take them out of the first & put them in to that let them stand in that a very little while then take them out peell & stone them. have another skillet of water ready to boyle & put them in & let them boyle softly half an hour; take them out & let them drayne a quarter of an hour then weigh them & take to euery pound of grapes a pound & 2 ounces of suger that is serced, lay some at the bottom & then the grapes & the rest a top put a little watter to them & lett them boyl half an hourer

To Drie Figges

Take your figgs when they are ripe & new gathred. set on a skillet of water then take your figgs & prick them up & downe with a pin & put them in to the water & let them boyle till they bee tender. then take them out & to a pound of water. & one quarter of the suger & set it on the fire & put when you haue scumed it put in your figgs & let them boyle a pritty while then put them in an earthen pan & so die for 4. days together puting in a quarter of the suger euery day untill all bee in allways leting the sirup boyle before you put in the figgs let them stand 2 days in the sirup & then lay them upon a siue & when they are drayned scrape fine suger on them & set them in an ouen where there is some little heat or in a stone. turning them twice a day serseing suger on them untill thay be dry then put papers between them & keep them in a dry place.

To preserve Barberrys

Take some Barberries & pick them from there stalkes & put a little water to them & boyle them to mash then stone as many barberries as that licqor will boyle. taking twice the weight of barberries to once of the licqor and weight for weight of suger put the licqor and sugar together & when it is boyled & scumed clear. put in your
barberies & boyle them till thay looke clear & then thay are enough put them up in glases

.153.

To Preserue Wallnuts

Take green walnuts about Midsomer prick them thro= =ugh with a bodkin then boyle them shifting the water until thay bee tender & the bitterness quite gone which will take 2 or 3 howers time & 6 or 7 waters allways let the water be boyling hot that you shift them in to only the first must be cold. giue the last water to only boyle put in a little suger then take them up & pelloff or scrap off the outer black skinn as thine as you can, then boyle them a little while in water & a little suger; take them up & waigh them and take there weight in suger & to euery pound of suger take a pint of water boyle it to a sirup and scume itt clean then take the in to the sirup let them boyle a good while untill thay have well soaked in the sirup & that the sirup be pritty thick when these have layn a fortnight in the sirup you may take them out & drayn the sirup from them & dry them in the stoue thay make a pritty sweet meat.

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154

To Drie Aprecockes

Take your aprecockes before thay are full ripe paire them & stone them & take half there weight in suger & beat it small & lay some of the suger in the botom of a bason & then a lay of aprecock & then suger keepe a little suger to strowe on them while thay are boyling let them stand all night & then boyle them untill thay are uery tender strowing on your of suger while thay boyle & scume them uery cleane take then off the fier & put them in a gally pot or bason & couer them with a white paper & sume small weight to keepe them in the sirup so lett them stand 2 or 3 days then drayn them from the sirup flating them on the side of a bason for one day then lay them on a siue or on glass with some suger sirsed on itt & turne them uery often
shifting them on drie siues or glases setting them in a stoue & in 43 or 4 days thay will be drie.

we-Another way

Mr Br...ld
to euer y pound of apricocks take 3 quarters of a pound of suger: rot put your aprecocks in water. as you pair them & then boyle them tender, & after thay are boyld lay them to drayn & wipe them uery drie; make a thin sirup with your suger & then boyl them in it till thay looke clear, let them stand in the sirup 3 or 4 days & when you lay them out sirse fine suger on them

.203.

Sirup off Elder berrys

Take your Elder berrys when thay are full ripe & presse out the iuce then set it ouer a fier & boyle it untill it be of clear scuming it uery clear then put to euery pint of this liquor 3 quarters of a pound of suger boyle it a little while after the suger is in & when it is cold put it in glases. this is uery good for the stone: & for a cold or and many other things

Sirup of Lemons

take a fair large Lemon & wrape it in a wet paper & lay it in warme ashes to roste; be sure the place be not too hot for if it be the least bur =nt it is good forr nothing & it will soon be enou =gh:, while it is hot scrushe out the clear iuce & put to it the same waight of fine suger; this is a uery fine surup or rether jely.

Conserue of Roses

Beat your roses uery well & then put to them double there waight of suger grinde them together uery small, then put it in a bason & set it on a soft fire for a little while untill the suger desolue so put it in pots to keep.
204

A Sirup for a Cough

take six spoonfuls off Issope watter & 3 of white wine Vineger a quarter a of double refine suger & boyle itt to a thicke sirup & when itt almost colde stir in itt a spoonful of oyle of sweet almonds or of the best salet oyle mixe itt very well together & licke often of itt with a licqorice stick

Conserve of Cowslips

Cut the upper part of the flowers of the cowslips & waigh them. & to euery ounce of flowers take 3 ounces of suger & 10 spoonfulls of water. & first boyle them very tender in the water & then put in the suger & let them boyle untill thay looke clear then put in a little luce of lemmon & put itt up in glasses.

Sirup of Woodsorell

Take the sorrell when it is first sprunge up & b-pick it from the grasse & straws but not fro the stalks & press out all the luce then set the luce in a coole place 2 or 3 days untill it be settled looking of a claret colour & clear, then take the cleare & to every pint of that put 2 pound of suger let it stand untill the suger be desolued often stirring & scumming itt until it be very clean & all of a thicenes

Mary daughter Lawley son Thomas was borne: December 29 1691 att my house in Charles street in St Jameses parish died at a little more then a year old
her son a second Humphry was borne December 31 in the 1693 same place & died the Easter folowing
her son Richard Lawley was borne August the first 1695 at my house in Lincolns inn fields
her son Charles Henery Lawley was borne December the first in Lincolns inn feilds H--- 1696
Robert Lawley was borne January 18 tusday, 1697/8 att my house in LLincolns inn fields
Henery Lawley was borne Iune the 8th 1699 at 10
in the morning in Lincolns inn fields
Mary Lawley was borne November 29 being friday
at 6 in the morning 1702 in Lincoln inn fields
my granddaughter Ann Lawley was married to Mr
Chesher December 31 1706

My daughter Iudeth was borne. the 11. of September
1654: in Chisweck parish neere London.
she was married to Sir Humphry Forster of Aldermason
November 26. 1672.
her sonne Humphry was borne August 24. 1673
at Harteford in Buckingham shire
he died the 4 of October 1682 to the unspeakable
grief of all that knew him, after he had liued 9
years in the innocence of a childe but with the judgment
& virtues of a man: he lies buried in the vault at
Aldermason:
William Forster was borne. October the 18th 1676
at Harteford. he died the last of February 1684
her daughter rebecca was borne at Harteford April
1675
& died March 1677
My daughter Rebecca was borne. August 29. 1660.
at Haunes in Bedford shire
she was married to Sir Thomas Lawley } May. 2. 1681.
of Canall in Staffordshire }
her Son Francis was borne April the 1st sunday att midnight
att London in ( Saint Martins parish Saint Jameses ) 1683
her daughter Rebecca was borne October-November
12 being wednesday in London ( Saint Martins parish )
in the year 1684. ( now Saint Jameses
her daughter Ann was borne February the 1st. being
munday att 11 at night: in the same place 1687/8
her daughter Elizabeth was borne friday March the 4th.
att 1 a clocke att noone in the same place 1686
her son Humphry was borne August 1689
& died at 4 monthes old
her son William was borne September: 1 1690 & died D.

Rebeckah Winche
1666

We were Married August the tenth 1652
My Daughter Iudeth was borne: September the eleunth being munday at o of twelve of the clocke at night 1654
My Father sicken'd that day she was crisene'd being September the 18 & parte'd this life Aprl the 15th 1655 which then was Easter day att eleuen of the clock at night; & was beuried the Friday folowing at eleuen of the clock at night in St Gregoris Churche in London acording to his owne desier;
My Father Winche died August the 6 1657
My Daughter Rebeckah was borne August the 29 1660 att one of the clock in the morning & being Wedensday & was baptised Friday the 7 of September 1660 at Haunes church Bedford shier
My Mother died September :17: 1670 att 4 in the morning & lies buried in the upper chancell of Marlow Church Buckinghamshier according to her owne desire

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Rebeckah Winche
Winche

unpaginated leaf 2 verso

other bead clothes ouer it; & likewise for thos that haue .uoyolent lousneses to sit ouer

Pul: pro Capite

Take of Mastich tow ounces, of the rindes of frankencense one ounce & halfe of dried red rose leaues halfe an ounce of gumme Sandracke & of Amber of eache halfe an ounce; put all these in to a subtill pouder, & keepe them for your use;&nbsp; The dose is halfe a dragme

Gascons Poudier

Take of pe$q^4$rle Corale amber & hartshorne & crabes eyes of eache & equal quantite; & of the black of crabsclaws as much as of al the rest when thay are beaten to pouder make them in to ba$^{1\text{st}}$les with hartshorne gely wher in stepe sum Safforn sum add to these as muche besor as of any of the 5 first 11:,

For a Sprayne

Take of every common Clay & boyle it with uneger to
& make a poultes of it & lay to the place

A Most Exellent remedy for Sore throtes

Halfe a dragme of egeptiacom Mixed with 4 ounces
of Melrosearum this mayde in a surup & with a
littel an touch the place