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

front outside cover

front inside cover || front endleaf 1 recto

[bookplate]
THE FRANK AND JOCELYN
AUSTEN ACQUISITIONS
ENDOWMENT

front endleaf 1 verso || front endleaf 2 recto

front endleaf 2 verso

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Rebeckah Winche
1666
E D
R
R
R

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Rx is take
gr i a graine
gr x half-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* containes ʒ​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 spoonefull
a spoonefull

distiled waters & Cordials/fol:

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.8.

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 through=
lly 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. then 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 sall=
=endin 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 uery finely poudered. six ounces of hartshorne. beaten to pouder. & 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 ouer 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 .

.9.

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 uery 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 sweat ne-2 or 3 howers. & after drie the body uery 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

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

.1.

Aqua Mirabilis

Mrs Hobby

Take of Cubibs. Gallingall. Cardamom seeds. Millilot
flowers. Cinamon Cloues. Mace. Nuttmegs. 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.
marygolts. 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
(treble 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 uery 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 uery close

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.2.

The Lady Hewets Water

Take red sage. Bittony. Spearmint. unset Hesop.
settwall. time. penyroyall. sanakell. salenoin. watercreses.
hartsease. Lauender. angelicoe. garmander. tamaris. coltsfoot.
auins. ualerion. saxafrige. pimperl. parsly. rosemary.
wintor sauory. scabious. egremony. mother=of=time. wilo=mariarom.
roman wormwood. Cardus. pilitory of the wall. Calamint scordium
lilly conualy flowers. feild daysys leaues roots & all. of each
one handfull. after thay 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 halfe 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 spigeknard. elycompayn roots dried. mililot flowers. calamus ariomaticus. cardamums. lignom=
=aloes. rubarb.sliced. galingal cubibs grains angelicoe roots. of each 2 drachmes. Iuneper 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 narrow mouth. in the midle of the hearbs put the seeds & druges. being all brused. put in as much sherry sack as will couer them. about eaight quartes. steep them twenty=
=fouer 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 pirlle 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^agons. Scabius. Egrimony. Balm. Scordium. Cardus Benedictus. 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 Licquorice 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 poppies 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 srawbery 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

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.4.

Poppie Surfet wWater 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 Surfitt 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 strained 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 feur or surfitt or any ill ness of *the* 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 cotten bag three times; then put there 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 Cinamon water. strayn them all together & 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 thsi water is uery good for a cold. ether cough or other, but most chefly for a horsnes & roughness of the throat. : the sirup is thus made ∴ 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. ∴ when your stomack is ill take a spoonfull or 2 of *the* sirup with 5 or 6 of the cheries.

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.6.

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 poudre: 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 uery soft fier if it stand aboue 2 days it will sower. when it is distilled strayn it through a pecee 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 weekes
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 weekes. 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 alloes one
drachme. put these in to *the* aforesaid spirits & add to them:
distill them in a limbeck deuiding it into seuerall glasses
untill the uertue 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 saunders 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 bruises 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 handfull
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 32 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 biting & 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

.11.

Aqua Mirabilis the stronges sort

Take of Cloues. Galanga. Cubebs. Mace. Cardamoms. Nut=
=megs. 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 with 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. & then distilled in
an Alembek. draw of *the* strongest water 3 pints
this is an exelent cordiall both for the stomack & hart
quickens the memory & all *the* sences restors lost speech
strengthens the brain & may other uertues

.12.

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* consum
=ption of a third part or more. & drinke a wine glas
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 leting itt stand in a window in the sun. when it
is cleare to one pottle of 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 wett 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

.13.

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
folows: to a young childe 3 spoonfulls by it self or mixed
with 6 spoonfills of clariefied poset drinke first & last &
lay the plaster to the childes belly

The Plaister for the wormes

Take. unice treacle. & mix with it fine powder 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 super the same quantity & this fare 3 days together

Spirit of Elders

Take a good quantity of Elder berrys when thay are full ripe & press out their iuce as you would grapes for wine, then tun up this licquor & keepe it untill christs then distill in an-~~an~~ alembeek & 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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.14.

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: ~~Spear~~mint; 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 *which* 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 itt through issue paper. to clarifie it *then* add to it; of the shauinges of Sarsafra Liquerish scraped & cross cut of each 4 ounces Iuniper 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 euery morning fasting & att & at 4 in the
afternoone.

.15.

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 thay 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 euery morning
fasting

A Surfeit Water

Dr P A Cordial Elixir

take of Lignum Aloes. Cloues. Ginger. Galangal. Mace.
Nutmegs. Cinamon. Long peper. Calamus Aromaticus. Cubibs
Cardamums & of the best Rubarb. of each 2 drams
tops of rosemary. Celendine. Bawme. Cardus benedictus.
Scordium Sweet marierame of each a handfull. roots of
white Dittanie. Iuniper berries of each an ounce. red=
=rose leaues. flowers of rosemary & sage ^ staechados of each a pugill
dried oringe & Lemon peeles 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* saffron & salt of Corall . & in the Beake
of the still put *the* musk & ambergreec. 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 spoonefulls *the* third as much
in extremity give it often & single other wise delute it

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.16.

with a little smaller Cordial water & promote swett
it is good in Surfetts of heats & cold Measles small pox
Malignant feuers Plague & to promote *the* Terms

for *the* payn in the head proseedng from
DP .wind or uapors from *the* mother or spleen

Take of the best Campher half a dragme put it upon
the poynt 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 *your*
tast & drink it off.

for the Same

DP Take of fountane water Just warme 2 wherein
macerate of dried red rose leavs one ounce then drop in 15 or
20 drops of spirit of Vitriol to extract a tincture sweet
=en it with suger 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
euery pound of resons 3 pints of water boyle *the* water with
a pound of suger in it & let it stand untill it is cold
then put in the resons & half a peck of picked cowslips
put it in a uesel & stope it close let it stand & worke
9 days stiring it euery day then run it through a gelly=
=bag & bottle it
this will keep but 2 or 3 munthes

.17.

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 euery 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* spices 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.

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.18.

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 bottling & it will keepe intill *the* springe of *the* year: you must core *the*. Quinces or else not beat the pommis uery hard; & it must be presed emediatly after *the* stamping or it will be bitter & loose *the* colour; *the* uessell must be close stop-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 uery much; about the full of the moone giue 5 spoofulls & (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 English 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 weekes 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 Iuory 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 afterafter, 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 oranges streyn it hot in=*to* 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. Pimpernell. Parsly. rosemary. wild: mariarom roman wormwood. Cardins. Pilofory of *the* wall. Calamint. scordium Lilly cenually flowers. field daises rootes & leaue: of each one hand=*=full*. after they are washd picked & clenسد. of rew. yarow cumfry. maiden hair. sweet mariarum. of each a *quarter* of a handfull red=*rose* buds. cowslips. rosemary flowers. picked of each half a peck marigold flowers a handfull. annisseede. fenel seede. paslyseed. caraway=*seed* of each two drams nutmegs Ginger. Cinamon. cloues Mace. of each 2 drams; of spicknard. elycompain roots dried. mililot flowersflowers. calamus aromaticus. Cardamoms. lignom alloes. Galingall 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 narrow mo^uthe 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
houres 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 & sired diuided in to *the* 2 glasses to set under with these
cordialls 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 graines 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 cordialls *the* longer you keepe it *the* beter if you keepe it well
shaken together euery 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 itt as much Irish slat as will ly on a groat
& as much of Iett in pouder & as much spermacecty &
giue 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=stead of *the* Iuces

.23.

Goosebery Wine

Take for euery 3pound of frute one pound of suger & a
quart of Water bruse *the* frute &steepe it 24 houres 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 ~~weekes~~ ^{monthes} end it will be
fitt to drinke dureing *the* time it is steeping in *the* water it

must be stired seuerall 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

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.24.

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* mortar & 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 spooneful put in a poringer of
poset drinke & brew it uery well it will sweeten
the poset & make it like almond milke & so
to be dranke morning and euening.

.25.

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 spoonefuls 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 Eypitiacum 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 ^{^ halfe} 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 & Sebestions 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 boyled 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 frute one pound of suger & a quart of water. bruise the frute & let it steep
an the in the water 24 houres, stiring it often. then let *the* cleare liquor run through a haire siue & add to it the suger. let it stand in an earthen stean a fortnight or 3 weekes. then draw it in to bottles Corke it well & tie it downe at 2 or 3 munthes end it will be fitt to drinke.

in the same maner is made Curant or Raspbury wine: but Chery wine thus.

Stone the cherys & put ~~there in the water~~ *which* ~~the~~ suger: together & giue it a walme or 2 ouer the fire then put in *the* cherys & let them stew gently halfe a quarter of an houre. then let *the* liqure run out as *the* other gently pressing them *the* Cherys fit for this use is *the* Great Bearer the Murry. the Morela. Black flanders & Iohn Tradescans Chery

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.28.

To make Essence of Amber Grise

Take a quarter of a pinte of Spirit of wine so high rectified that it will burn all away. put it in a small uioll or bottle that hath a glas stople grinded to fitt it exactly. then take 12 graynes of ambergrise & 2 of muske slice *the* Amber as thin as you can upon a siluer plate. with a knife then put it in to the spirit of wine. stop it close a bind *the* stopple downe with a bladder or leather, that *the* spirits may not exhale. shake it well together & let it stand 3 or 4 days shakeing it 4 or 5 times a day & then it will be fitt 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./

.31.

from Mr
Selden

The Lady Kents powder

Take of the powder of crabs = eyes 3 ounces: the powder of the tips of burnt harts horne 2 ounces: of crabs claws powdered 2 ounces; kermis berrys. Radex contra yerua. terralemnia, troschusei = of Vipers. of *the* best red corral. ~~pearle~~ ^{pearle} amber. gum= draggon. of *the* best East indie beazar. : of each one ounce. being subtly powdered in a steele mortar. desolue the gum= draggon in fouer ounces of red rose water & 2 ounces of treacle water distilled. 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 corral & bezoar. beat them in a marble mortar 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 mortar. & with the powder 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 oppressed with melancholly & itt will lay the vapors & is a high cordiall

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.32.

Gascones Pouder:

Take of Pearle. red corral. corral white amber. crabs eyes. hartes horne. of eache a like quantity being seuerally beaten & serced in to exceeding subtle powder. 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 Ielly of of harts=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 seeds 2 drachms: of red roses. lauender flowers. sweet mariarom of each one drachm & half: beat all these ~~small~~ in to a grose pouder & quilt them with scarlet flox between two sarsnets & make it up in to a cap.

.33.

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 waight 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 *quarter* 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.

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.34.

Pulius Holandier Exelent for the stone

Take the seedes of annis. caraway fennel cummin;
& of Spicknard. Cinamon. Galinga. of each half an
ounce. Licquoris. Gromwell of each an ounce; Senna the
waight of them all; make all these in to powder
take of this 2 drachms in a glas of white wine
or make it in to a bolus with 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 powder at the
Apothecarys by *the* name of Puluis Holandir or powder
of Senna the greater Composition

For Convulsion fitts

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* shels 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 Convulsion fitts

.35.

For stoping

A Strengthening Gelly for weake Ioynts

Take the two forefeete 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 anoynt
the weake parte.

For stoping of the Vrin

Take. the Elder blossoms iust before thay are full blown. drie them in an ouen. till thay are fitt to pouder. then beat it to a fine pouder & 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

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.36.

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 deseas be violent give it euey 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 Epilipfiae Langii, or in white=wine, or in black chery or rew, water.

.37.

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 penny-& stirr it all toget= her & couer them close & let them worke nine days stirring them once a day. then still them in a limbick 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 powder suger

Sirup of Elders

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

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.38.

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, ~~but~~ 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

.39.

To Coller a Pig

Bone it & lay it in water 24 houres, then drie it
well 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 houre ^{^ 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,

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.40.

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

blancr~~h~~ half apound of Almons. & cutt them in small peces cross ways, as thine as you can, take there weight in duple 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, keepinge them stiring in *the* bason, till the suger be all desolued & *the* sirup thickenend 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 ~~ouen~~ ouen after tarts are drawne

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 yest 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 uery 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 & mengleing them well ~~with~~*the* ~~dowe~~ 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.

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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 suger & a little nutmeg
for *the* past gap dry *the* flower first
& rub *the* butter in *the* flower put a little
suger in it & one egge & mingle it
with cold water
if you rase 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 oliue 3 pintes. of
sack 6 spoonfulls. yellow wax half a pound. naturall balsom
half an ounce oyle of St Iohnswort one ~~one~~ ounce red saunde^r
in powder 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 oliue &
St Iohnswort *the* sack *the* Balsom & *the* saunder. stiring them
altogether that thay may incorporate then let them boyle
for a short space. take it off from the fier & stir itt 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 sirringe iniect it in to
all inward parts or holow wo^und: for outward wounds old
sores & ulcers anoynt the place & spread it upon lint &
lay itt too the sore. this cures all hurts so *the* vitalls parts
are not hurt
it is likewise uery good for bruses the place being anoynted
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 in to an earthen pot with a pint of sack & melt it then take it off from the fier & put to it half a pound of uenice turpentine well washed in rose water. & a pint & a half of sallet oyle and boyle them together with a soft fier untill they 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 oliue & put itt in a pipkin. then gather some of the springs of *the* elder tree ~~when~~ theyt are no bigger then the top of your little finger. also half a handfull of the [^]youngest leaues. scrape lightly off the outermost rinde of the twiges & then take theinnermost green rinde a handfull of it to=gether with the leaues put itt in to the oyle take also a few planter leaues & a few leaues of sangreen or houslicke put it to them *with*the sixethe part of a pint of. white wine vineger. & 2 or 3 spoonfull urin. & 2 inches of a cotten talow-candle without *the* weick boyle all thes 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 itt an ounce & a half of yellow wax. & let itt melt still stiring itt till itt is neer cold when you use it spred itt thine on a paper or cloth & clap it to *the* burne leting itt ly 24 houers: if it be aplyed presently it takes out the fier & keeps it from blistering . & heale in half a *quarter* of an hower theres so many comendations off itt that is too long to write

.63.

A redy way to know the deseas called the Kings euill

Take a grownd 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 disease called *the* kings eueillTake 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 thay are well boyled. put therein 2 good handfulls of the purest barleyflower 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 aboue 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 peece 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.

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.64.

A poltis for an impostum

F Take a whitelillyroote & twelue figs & boyle them in clear water untill thay are uery tender then take them out of the water & beat them then take 4 ounces of linseed finely poud'ed 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 using it cures;

.65.

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 dropping 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 mortar. & 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 pt-6 or 7 spoonefuls
mingled with suger att bed time euery night while thay
use *the* oyntment.

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.66.

.67.

To help
Conseption
from Dr
Pacher

this recep was kept as a secret
& ualued much, the whole cours was
5 sold by one that got a liueing by

it

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 handfull; of Gallinal *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 thay are cold ~~keepe~~ let them be strayn'd ^{wrang} out by strong compression & keep *the* strain'd liquor for use

BThe Pills

Take of the masse of Pills Fentidoe 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 nutmegs *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 handfulls of white wine 4 pound let it in fuse in a glas. with a straght mouth well stoped

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.68.

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
hurtfull or superfillus 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~~ *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 contenuing 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.

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.70.

Mr Hoby

This is an
admirable
water

Feauer Water

Exelent fe-in the Plague or small pox & itt
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 walnuts sliced . fouere 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

.71.

Vnguentum Contra Serpigenem

Take the leaues of H-Violets Marigolds slains
shred them ~~small~~ & 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 *your* use.
it good for childrens heads broke out or any hot sharpe
~~bre~~-brekings out or for a burne

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.72.

The Collicke Water

Take of Cittrone Pilles dried Orange pilles Nuttmegs
Cloues Cinomon, of each two ounces, Ciprus Orris

Calamus Aromaticus of each an ounce. Q-Zedoary Ginger
Galinal ofe each half an ounce rosemary tops & Lauinder
of each two handfulls; *the* leaues of bays, mariaram,
Isup, tawne, mint, sage, & time, of each one handfull
& halfe, damask rose leaues one handfull, 4 pintes of red rose
water, a quart of spirit of sack, & 3 quarts of the
best sack, bruse *the* roots & spices, & cut *the* hearbes, &
steepe them in an earthen uesell 24 houres 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* watter is
put in, & from 2 to 10 of *the* small. according
to *the* paine & nesessity of the patient,

.73.

The Brewed drinke for the Rickets

Mrs Hoby Take the inner barke of a young ashe not 20 years
old of succory root Osmond royall root, (or for naut of
that maile fa^erne) of each two handfulls, boyle these
in middle Ale worte an hour; the roots slit &
both thay & *the* barke brused, then put in Egremony,
sanickle, speedwell, succory, Coltsfoot, Cliuers,
Cowslips of Ierusalem, Maidenhaire, Cumfry, Teterach
Bettony, of each 2 indefferent handfulls, let these
boyle *with* the roots an hour strein it & make it
up fiue galons or sumthing more *with* some of the
same wort, worke it & tun it as othe drinke, then
the ince of 4 handfulls of scuruegrass & 2 of water=
=cresses, & a handfull & half of harts tongue leaues
& as much liuer=wort a handfull of tameriske, half
a pound of reasons, stone *the* reasons & bruse the hearbes
& put them in to a bag & a stone to sinke it
& hang it in the uesill; 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,

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.74.

A diett Drinke for the Ricketts

Take the leaves of liver:wort, Egremony, harts tong^u
scabius, speedwell, Ceteracke, Bettony, of each three
handfulls, the shaueings of hartshorne & Iuory
of each 2 ounces, the roots of Osmond royall

male ~~Fearn^m~~-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 straind, & 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 Glister

Dr P Take Camomill & Millitot flowers of each a handfull
Iuniper 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
Terpente 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 exelent glister for *the* Colicke or stone

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.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 Epedemicall 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 ueal this will make for 3 mornings take a draught of this an houre affter the steele; & stir after it,

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.78.

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 powder 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 doeing it will the second time.

.79.

To sweeten the Blood

Take a small handfull of the flowers cal'd
Oxe=eyes, a spoone full of pierle barley, & 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
spoonfuls 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 ~~of~~ red poppys of each one spoon full, spirit
of sulpher 20 drops. mingle them well together &
take a little of it as often as *the* cough is troublesome

For weake eyes

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

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.80.

A Pouder for Wormes

Take Rubarb Sena Wormeseed & burt harts horne
of each an equal quantity finely poudered & searced
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 euey 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

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. rosmar. 6 or 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.

n

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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 nutmeg mixe itt with 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 Iust to
couer *the* pudden & take *the* thinist part of it or
elce it will bee too fatt.

A Custard Pudden.

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

.103.

To Stew a brest of Veall.

Take a brest of ueal & frist frye it half enough
then put it in a stewing pan with stronge brothe
& clare^{little} wine a little mace & whole peper & let
it stewe when it is allmost enough that is when it
is uery tender adde to it pallets cocks compfes b
boylde tender before with sweet breads, & some uery
young green peas or french beans. or musherums or
what elce you thinke may giue it a good relesh if
you haue 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 Iuce of green grapes will giue this or any
stwed 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 nuttmeg; beat all these
together uery 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 *withthem* before thay
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

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.104.

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 uery clean
then scrape the seams out of the apples & put them
into the sirup & let them boyle uery fast when *the*
sirup begins to be thicke put in some ambergreece
& *the* Iuce of a lemmon & a little lemmon pill shake
them to=gether & so take them off of the fier & lett
them stand till thay be cold then lay them in *the*
dish *with* cittron pill laying *the* Jelly in lumps up on
them take out *the* lemmonpill

Pancakes

Take 16 egges the whites of but 6 of them beat
them uery well ~~together~~ then take a quart of fine flower
& 3 spoonfuls of sa^cke mixe them uery 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,

105

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 to 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 euery bottle &
after 7 days more itt will be fitt to drinke, & will
keep good a munth or longer

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.106.

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
gumpdragon 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.

.107.

To Make Cheescakes

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 uineger to turne it let it see the 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

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.108.

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 handfull 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

.109.

A Barly Pudin

DP Take a pound of french Barly wash it uery well
in seueral waters then put to it 3 quartes of new milk
and one quart of water half a pound of suger
& a nutmeg slised or grated put it [^]in a deepe pan &
bake it with browne bread seasoned ~~itt~~ with some salt
& you may ether eat it so ~~ar~~ 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 & fowre pound of
beefe suet or rether better; shread them together uery
small then season it with 3 quarters of an ounce of beaten
pepper, & half so much cloues & mace mixed to=gether-
a handfull 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 hoggs gutts 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

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.110.

To Make Waffers

take 4 spoonfuls of fine ~~f..we~~flower almost 2 spoonefuls of
fine suger both serced & dried the yolke of an egge
& one spoonfful 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 Alee & 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, & stire 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

.111.

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 Iuce 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 Iuce & peepe, & 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* receipt 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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.112.

To Make a Caudle

Take a *quarter* of a pound of french barley 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 uery 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* Iuce 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 uery tender: paire them uery thin & scrape off the soft & mash it well put suger to it & (some pouder of ginger & cinamon if you pleas) then take sweet cream to euery pint of cream *the* yolks of 3 or 4 eggs & put in *the* quince an make it pretty thick; so you may doe 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 houres 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 duple 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. contenualy stir'd & when they smokd upon a knife then put out out a spoonfull of the white. & spread 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 th^ay may be round when they are dry take *them* off *the* papors *with* water

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.114.

An Oatmeal Pudon

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

.115.

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 uery 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 uery clean, & lay a
lay of fenell & dill, *with*the seeds in *the* botom of the
uesel & *then* a lay of cowcombers & then agane some
more dill & fenell & so till all *the* cowcombers are layd in
then boyle the pickell. & pouer it hot on *the* cowcomber
& couer them close & let them stand till next day
then ~~pouer~~ take *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 uery well.

To pickle Turnups

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

To Pickle redesh pods

make *the* pickle of white wine vineger salt & spice &
pouer it on them scalding hott
thay haueing bene boyled tender before

.116.

To Pickle 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 peelee off & then wipe *that* off with ~~are~~ a coarse 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 uery strong of spice & a few bay leaues wipe *the* nutts drier & 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 glazed 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.

.117.

.118.

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* shels throw a way *the* loose shels take pint of earth wormes clean washed boyle *the* snails & wormes in *the* milke, half an hour put *them* in to an ordnary stille. put to *them* harts tongue; alehoofe cowslipe of Ierusalem; 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

.119.

to strengthen a weak childe

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

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.120.

To make boyl'd Macarones

Take a pound of double=refine suger and a poud of Almonds. blanch *the* almonds & beat them uery small puting 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 uery 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 they 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 uery well. mingle it well with *the* flower & make it in to a cakelet it stand 2 hours in a pretty hot ouen

.121.

To Make frute bisket

Scald your frute ether apricocks plums or any other frute & take *the* pulp of it. & duple *the* waite of duple 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 prety drie. then weigh as much duple 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 prety 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;

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.122.

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 dosen 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
ueal & to one pound of that 2 pound of befe
suet, shred *them* uery small together then beat it
to a past season it *with* spice & salt to *your* likeing
shred some sofe hearbes in to it & an oynyon
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 - 2 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 continually

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* sge^e suger grinding

it till it looke like batter when it is cold you may

make it in to what forme you pleas

the stone ~~sho~~ must stand ouer fire all *the* while it is

a grinding

it is not fitt to use till 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 oven till thay be ^{so} drie as to powder
take as much of *this* powder 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 ounces
of Fine suger put them ⁱⁿ to powder & 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 uery strong at *the* layter end of *the*
operation, 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 Bugles-bugeles flowers one ounce of Gilleflower one ounce of red roses all dried, put them in a large earthen vesell, poure upon them 4 quarts of boyling water; let them infuse close couerd till it is cold, then strain it; take 8 pound of refined suger dipe 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 boyld in an earthen vessell

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 goeing to bed when you are much troubled with uapors *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 duple *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 waight of the Iuce of gooseberrys & waigh them seuerally. 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 thay are almost enough put in the rest of the suger boyle them a little longer & when thay are enough take them off & couer them with a plate for a little while then take out the goosberres & boyle the sirup till it lellys

To Preserue Grapes Greene

Gather of your white grapes before they are ripe cut them in=to small bunches, haue water ^ almost scalding hot put your grapes in it couer them close & let them stand half an houre off the fire, haue another water redy to seeth take them out of the first & put them in to that let them stand in that a uery little while then take them out peell & stone them. haue another skillet of water redy to boyle & put them in. & let them boyle softly half an howre; take them out & let them drayne a *quarter* of an hower then waigh them & take to euery pound of graps a pound & 2 ounces of suger that is serced, lay some at the bottom & then *the* grapes & the rest a top putt a little watter to them & lett them boyl half an houere

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.152.

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 they be dry then put papers between them & keep them in a dry place.

To preserve Barberrys

Take some Barberies & pick them from there stalkes & put a little water to them & boyle them to mash then stone as many barberies as that licqor will boyle. taking twice the waight of barberies to once of *the* licqor and waight for waight of suger put *the* licquor and sugar together & when it is boyled & scumed clear. put in your

barberies & boyle them till thay looke clear & then
they are enough put *them* up in glasses

.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
they 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 waight 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 & some small
waight 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.

~~w~~ Another way

Mr Br^{fld}

to euery pound of apricocks take 3 *quarters* of a pound of
suger: ~~r~~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 ~~e~~
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
Jelly.

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.

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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 suurup & when itt almost colde stir in itt a spoonful of oyle of sweet almonds or of *the* best salet oyle mixe itt uery well together & licke often of it *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 uery tender in the water & then put in the suger & let them boyle untill thay looke el clear then put in a little Iuce of lemmon & put it up in glasses.

Sirup of Woodsorell

Take *the* sorrell when it is first sprunge up & b-pick it from *the* grasse & straws but not ffrom the stalks & press itt out all the Iuce then set *the* Iuce 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 stiring & scuming itt until it be uery clean & all of a thicknes

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 *Nouember* 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

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My daughter Iudeth was borne. *the*. 11. of September
1654: in Chisweck parish neere London .
she was married to Sir Humphry Forster of Aldermason
Nouember. 26. 1672.
her sonne Humphry was borne August. 24. 1673
att Harteford in Buckingham shire
he died *the* 4 of October 1682 to *the* unspeakable
greef of all that knew him, after he had liued 9
years in *the* innocence of a childe but *withthe* Iudgment
& uertues of a man: he lies buried in *the* ualt at
Aldermason :

William Forster was borne. October *the* 18th 1676
att Harteford . he died the last of February 1684
her daughter rebecca was borne att Harteford Aprill
1675
& died March ~~1677~~-1677

My daughter Rebecca was borne. August: 29. 1660.
att Haunes in Bedford shire
she was married to Sir Thomas Lawley } May. 2. 1681.
of Canall in Staffordshire }
her Son Francis was borne Aprill *the* 1^{sunday} att midnight
att London in (Saint Martins parish *Saint Jameses*) 1683
her daughter Rebecca was borne ~~Octob~~-Nouember}
12 being wedensday 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 munthes old
her son William was borne *September*: 1 1690 & died D.

Rebeckah Winche
1666

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Winche

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We were Married August the tenth 1652

My Daughter Iudeth was borne: September the eleunth being
munday at ~~o~~-twelue of the clocke at night 1654

My Father sicken'd that day she was crisen'd being *September* the 18
& departe'd this life Aprel the 15th 1655 *which* then was Easter day
att eleuen of the clock at night; & was beuried the Friday
folowing at eleuen of the ~~el~~ock-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} Wednesday & was ba**pt**ised 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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unpaginated leaf 2 recto

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 powder, & keepe them for your use
The dose is halfe a dragme

Gascons Pouder

Take of pe^arle 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 powder
make them in to ba^ules 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 euery 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

Folger conservation interleaf recto

Folger conservation interleaf verso

[R]

back endleaf 1 recto

back endleaf 1 verso || back endleaf 2 recto

back endleaf 2 verso || back inside cover

back outside cover

Spine

Head

Fore-edge

Tail