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V.a.600: The Lady Grace Castleton's booke of receipts: manuscript

front outside cover

front inside cover || page 1

Grace Lclascssc

booke of receipte.

This Lady

Grace Castleton 's.

Booke of

receipts.

The Grace Cast

aa

ooooooo

2

Lady

Ingram

A water good for the vapers of

the mother & splene,

Take Galangalls & herbs cardimony & single

piony seeds of each four drams, and 2 ounces

of millilot flours with a handfull cowslip Rose=

mary & Sage flours. And nutmegs cloues

mnce & genger of each four drams, bring all

these into gros powder and infuse them all

night in three quartsrs of white wine together

with a quart of good Aqua-uita & a pint of

the iuce of Sallinaden Then distill it with a

gentill fire the next morning lett the water

drop into halfe a pound of whit suger

candy finly beaten, this may without

danger be takin in a feauer,

my Lady waricks Sittron warter

Take 10 Srittrons & pare of the galon rind

& iuce them a bruse or 2 in a sone morter

then infuse them in sack sume 2 or 3 days

& nights in sum deep whit pott then couer

it with a salour & couer it uery close in the time

page 2 || page 3

2

the rind is in steeping you must take the

white & the meate of the setrons & cutt them

in peeces, & putt sum whit winen into it the night

before you still them which must be don in a

Rose warter still, then ^ take water butt it into the

infused sack & sritron and stur it all together

then put it all into a stilling glas limbeck

the deepest you can gett & sutt it uery close

& sett the glas limbeck in a pott of water, but

roule it aboute first, with a wrath of hay

for fear the glas breake, ther must be a good

fire kept under all day butt lett it not still

ouer fast you must putt noe could water in

the pott your limbeck is in but keep still hott

water by the fire to putt in as the water

consuems, & to the glas your srittron water drops

in you must put suger candy finly seearced

magestareall of pearll a littill ambor if you

please sum halfe a qurter of an ounce of

pearll will be anoufe for a pint as your srittron

is in binnes soe you must order them, for your

limbeck must be butt halfe full when you

still itt, & sutt it close up,

3

Lady palmer,

Lucantulus oyntment or balsom

admirable for wounds

Take veanes Turpentin one pound oyle of olive

3 pints yellow mix halfe a pound one ounce

of natuerall balsoum one ounce of the oyle of St

Iohns wortt of Redd Sanders pourdred one

ounce sex spounfuls of sacke, cut the wax &

melt it upon the fire & then take it of & put

the turpetin to it, haueing first washed the venis

turpentin thris with dammask Rose water, &

hauing mingled your sallet oyle with the sack put

also the oyle to them & putt them all on the fire

storing them till they being to boyle, for if

it boyle much it will roun ouer speedily then

lett it cooule for a night or more, till the

water & wine be sounk all to the bottom then

maks hols in the stoufe that the water may rone

out of it, which water is good to wash wounds

which being don put it ouer the fire againe puting

to it the balsom & the oyle of St Iohns wort, & when

it is melted put the Saunders to it sturing it well that

it may intorpireat & when it first begins to boyle

page 4 || page 5

4

stur it for som 2 hours till it be gorwn

thick then keep it as most pritious for use 30

or 40 years or more,

The vartues,

1 It is good to heall any wound inwardly or

outwardly, being squrted warm into the inw=

=ard wound being applied to an outward wound

with lint annoynting also those plases therabouts

it not only taketh away the pain but keepeth

them from inflimation & drayeth forth also all

broken bons or any other thing that elce might

putrifie or fester so that the brayn or inward places

of the hart guts or liuer be not tuched it will

heall it in 4 or 5 tims dresing so that no

other thing be aplied ther onto,

2 It also healeth any burning or scolding or

any brouse or cutt being furst annoynted

with the sayd oyle & a peece of lining cloth or

lint dropped in the same being warmed & la

yed into the plase it will heall in with out any

scarr remaining

3 It helpeth the head ache by onnoynting the

temples & nostrils & therwith,

5

4 It is good against the wind collick or stick in the

side being applied therunto warm with hott cloths

4 mornings together &, euery morning a quarter

of an ounce,

5 It is good aganst poyson & helpeth any surfet

taking the quantity of an ounce therof in a littill

sack warmmed,

6 It helpeth the bitting of a mad dogg or any other

beast,

7 It is good against the plague annoynting only the

nostrils & lips in a morning before the party

goeth forth,

8 It helpth any ulcer or festilay be it neuer so

deep in any part of the body being aplied as before

sayd for a cut,

9 It is good against worms & kankers being ineserd

as to a cutt but it will requir longer time,

10 It is good for one infectied with the plage mes

=els or the like soe as it be presently taken

in warm broth the quantity of quarter of an

ounce 4 morngings together & sweating upon

11 It helpeth disgestion annoyntong the nauell &

page 6 || page 7

6

stomeck therwith when the party gointh to bed

12 It will stanch any blood of a green wound

putting a plaster on & tying it uery hard,

13 It is good for any ulcer in the blather or

kednes taking a littill quantity of it morning

& night as bigg as a beane in warm sack if

the partys stomock will bear it, if not take too

pils of it wrapt up in a wafer when you goe to

bed drinking a littill warm Alebery after it

this by expearanee hath don good to many,

Lady

Frankland

A water for the Iandis for opening

the liuer & spleen for obstouctions for the

colick & wind in the stomock,

Take a peck of garden sneals wach & boyle

them in beere strring them as long as they,

make a noyse then putt them into a collender

to drean wipe them clean & putt them into

a morter beate them shells & all till they be

small, then take a quart of earth worms slett them

score them with salt wach them in beer & beat

them small, take too handfuls of angellicoy & as many

7

of sallinden lay them in the bottom of the pott

with 2 handfuls of Egremony two of bearsfoot

2 of betony two of wood sorill two of Red dock

roots 2 of the barck of barbary trese & of rue

halfe a handfull sred, of Tene^yreeck & Turmireck

each one ounce of saffron beaten to pouder the

wight of Six pence Six ouncis of hart horn two

ouncis of cloues beaten 2 quarts of Rosemary

floowrs or Rosemary tops, you must putt in the

sneals & worms upon the harbs lay upon them

halfe the woodsorrill & Rosemary flowrs then lay

oppormost all the harts horn & saffron take 3

gallans & an halfe of the lees of wine & put them

in the pott then sett the limbeck & make it close lett

it stand all night &, in the morning still itt

this water must be takin fasting in the morning

&, you must fast after it 2 houers,

Take two sponfulls of the strongest with fore

sponefulls of beere & a littill Suger, of the small

=ist sort as must beere as water you may drink

of it also att fower a clock in the afternoune,

page 8 || page 9

8

To make Couslops water, Lady Lister

Take 2 gallans of Strong Ale a measuerd

peck of picked Couslops 2 ouncis of Anniseeds

brused halfe a pound of lickerich sliced, mace

& nutmugs cinimen cloues & ginger of each

a quarter lett all these lye in the Ale a week

close coruered, then putt in 2 handfulls of cor=

rons 2 sponfulls of pepper brused, wormwood

& Angilicay of each 2 or 3 branches, bettiny

hare hound ground ieue pellitiry of Spane liuer=

wort harts toung St Iohns wort dandilion

mugwort mugwort sperement cardus benidectious

checke weed yeallow mouse eare Alicompany &

comfhey of each a handfull, lett all these laye

2 or 3 days more then still them in a lim=

beck close coruerd & sober fire to distill

lesurely if the pott be not full putt more Alle

in it that it may be filled so the inward

brim of the pott your glas that it drops into

must haue a wide mouth & hould 2 quarts putt

into the glas one pound of bron suger candy brused

9

one pound of the rasons of the sonn stoned &

shred a quarter of a pound of dats shred small

2 neutmugs greated 2 reaces of genger sliced

a few cloues brused 2 or 3 leaus of mace a

stick or 2 of siniman then make a linning

bagg to goe into your glas & putt therin a hand=

full or 2 of couslops the ends cutt of a littill

more suger candy brused stir your glas euery

day & sett it in the sunn till your suger

candy be dissoulued keep it very close couerd

To make the palsy water Lady Lister

Take the flowrs of Rosemary sage & betton

=ny of each halfe an handfull, the flowrs of

borrige buglasse lillium conuadium & couslops

flowrs of each a handfull keep these in Spriets

of wine muscadin or Aqua=vita which you

plase 5 quarts ^ spirritt of sack the best each one in ther season till all

may be had, then putt to them balme motherwort

bay leaus, leaus of orange tree with the flowrs

if they may be dhad spike flowrs of each one ounces

putt theese to the rest, with as many lauinder flowrs

page 10 || page 15

10.

stript from the stalks ass will fill a Large

gallan glass keep all these 6 weeks after the

Leauender be in them disstill them in a lim=

beck uery carfully ^ lett it run 2 quarts then putt into the disstilled

water citron pilles pinany seeds hulld of each

6 drams cinniman nutmeggs mace cardomonis

yellow sanders of each halfe an ounce lignum

aloes one dram make all these into pouder &

putt them in the disstilled water & putt to them

of Iubbobs all most halfe a pound the stons taken

out cutt them small & close the vessell very well

with a double blather lett these stand 6 weeks

then strem them hard with a press, fill the rate

the Lickquer & putt therto prepeared pearll, Smar

=dage musk Saffron of each 10 grams of Amber

Greese Scubele Redd Rosses well dried Red &

Yellow Sanders one ounce hang these in a sarsnet

bagg in the water stop it very close that

nothing brath out & keep it for your use after

6 weeks pres out the bags,

15

To make Aquamirabeles,

Take Gallengell cloues Cabods mace nuttmegs

genger mallilot Cardimony of each 2 drams, &

of the Iuce of Selendine a pint but all the pouders

into the Iuce with a pint of Aquativity & 3 pints

of good white wine then putt all these together into

a glass still & lett it stand for all night & on the

mory still them with a soft fire, this water is

good for the plague conuultions & to make on

halthfull & look young taking euery morning

of it you must put into the glas that receues the

disstilled water a pound of whit suger candy

& soe lett the water drop upon it,

To make a rare grat cake,

Take 3 pound & a halfe of fine flower &

3 pound of corrans well picked & wached &

lade in a clothe to dren all night you must

haue the flower lett by the fire all night & warm

page 16 || page 17

16

when you make the cake, Take a penny worth

of mace clous & cinimen a quarter of a pound

of suger & sum salt let all these be made

warm & putt them into the flower, than

Take 8 eggs butt 2 whits beate them uery

well with a littill cram, you must take a

pint of cram & a pound of butter & halfe

a pint of rose water but all these into a pan

melt the butter, frist put your beaten eggs & then

a pint of uery good yeast last of all the cram

& butter new milk warm when all is in couer

it close & sett it before the fire & let it stand

till thit be rissen then take a quarter of a

pound of rasons stoned & shred & putt

the currans & rasons into the cake warm

sturing it well with your hands then sett

it again before the fire & couer it & lett

it stand sum quarter of a hour or more

then knead it a littill & lay it upon brone

17

paper cutting of it a bout the egges & midill

then then sett it presently in the ouen & lett it stand

3 quarturs of an hour then take halfe a

pound of suger beaten & wett it with Rose

water take the cake out of the ouen & doe all the

suger upon it then sett it in agine & lett it stand

a quarter of an hour, all the things must be put

in warm butt the eggs & yeast,

To make the Lady Allins water against the

plague or to be giuing after a surfett,

Redd sage

Celendine

Rosemary

Rue,

wormwood

mugwoot

Pimpernell

dragons

siabious

Egremony

of each a handfull or like

quantity by wight,

page 18 || page 19

(18

Rosa solis

Ballime,)

wach & shake these hearbs in a cloth then

shred & putt them into gallin of whit wine

& Add thereto,

Gentian roots)

Anglelica roots)

of each one ounce

Lett it stand 2 days & 2 nights couerd

close & then distill them stoping the glas

uery close in which you keep the same,

To make the grene oyntment,

Take red rsage & rue of each a pound

the youngest bay leavs & wormwood of

each halfe a pound pick them wach them

& cut them small & bray them long in

a fare morter then take 3 pound of sheep scuet

hot from the sheepe minch it small & beat it with

19

those hearbs till all be of one coler then

put all into a fare bottel bowell of the best oyle

oliue working all together till it be a littill soft

put it then into an earthen pott stop it close

after 7 days then boyle all together on a sweft

fire put to it when it is halfe boyled 4

ouncis of oyle of spich being all well boyled

together then strene it through a canuis

bage into a gally pott couruering it close

with a leather on the top of it with this

oyntment anoynte any place griued rubing

in it till it be drye take heed of burning

it in the boyling therefore stur it continu

=ally boyling it softly & on an easy fire till

it be grene,

The virtues,

If you anoynte your stomeck it helpeth

digestion it expeleth all obstructions, rub

sum of this on the small of your back it helpeth

the stone the quantity of a peg chafer in the eare

& stored close with blackwool helpeth all pean

page 20 || page 21

18 20

it is good against all aches fellons swell=

=ings of woulds the totheake proseeding from

any cold roume, it helpeth any bruses or

stren in the vains it is good against the

crampe, all kind of sitches borning scalding

stich stren in man or beast, it is only

made in may, & well close keept fast

many years with carfull & coule setting,

Take crabes of the sea gatherd at a Const=

ellated time, which is when the sunn & moon

are in coniuenction in the signe cancer they

must be a liue & dead in that time,

take the shells of the black cleues, beate

them & searce them though a teffing

to soe fine a powder that it may mellt

in your mought, then take 4 ouncis of

this powder for euery 4 ouncis of this

powder add halfe an ounce of pearll &

halfe an ounce of carrall bett & scearced

19 21

likewise to as small a powder as the other

incorprate them well together,

then take a quart of spring water, put to

it xiiii Sckinnes, (if more the better of Snaikes

such as they make ther viper wine of in

London , they must haue ther talls cut of

aboue ther ventes & ther heads, then fley ther

skines of them, those are they that must

be boyled in the water, must they must be

cutt into peicys of an iuench long, but to

them a quarter of an ounce of the puerest

leaufe gould mascecsrate it well before you

putt itt in, boyle all these vpon a cleare

scharcoole fire to a gill & less of leq^uor,

you must be carfull it boyle not dry least

you lose your ingredeance, this is the Gilly

you must make it vp with, into cakes &

is called the fire of Anemalls, when you

haue bouled it to a 4 part & less you

must then strene it form the skines & mak

=ing your leaded pipking clane, giue it owne

page 22 || page 23

22)

other boyle with a littill cyparis ragg that

hath in it a small quantitye of musk &

Amber grece

if you make a duble prepotion you must

likewise add a double prepotion of your

pearle currall skinns & gould & water

& boyle it doune form a pottell to one

pint and less,

you must allso putt into a porringer x or

xii sponfulls of red rose water & what

quantity you plase of good saffran which

must stepe in it one night, & when you

haue boled the lequor & strened it from

the ingredeance mingle this water with

the other,

To make the small Rispis wine,

when you haue made the strong wine

take the rasons & put to them 40 pints

of spring water, couer it close & lett it

stand 6 days then power it out cleane

(23

from the rasons & putt therto euery

6 quarts of this lequor one quart of the

Iuse of Rispies putt it into a barrall &

lett it stand warme 3 days open to

work, then stop it close vp & lett it

stand 4 weeks then bottell it vp as

you doe the other,

To make oyle of chrity good for

all swellings of pangs,

Take red sage lauender spech esope

camemille bettony rosamary sallinden plan

=ing of each a handfull shop them smalle

& put them to as much oyle olliue, as they

will make very thick sett them in the sonn

9 days stur them once a day, then sett

them on the fire one hower but lett

them not boyle, strene out those hearbs &

put in as many more Lett them stand as long

strene it & put in as much chraity otherwase

velarien lett it stand 9 days then sett it on

page 24 || page 27

24)

the fire as you did the other then

cleere the ole into a glas bottle &

keep it for your vse,

To make the yellow salue good

for ould sowers,

Taken Rosen & parrofen of each halfe

pound veargens wax & Libanume of each

a quarter, harts h'orne & sheep ^ suett a quarter

mastick an ounce camfher halfe an ounce

venes turpintin 4 ouncis bete those gums

fine & scarce them, melt them with the

wax & so strene them unto a pottell of

white wine, & after all is boyld together

stur them being taking of the fire, & put

ine in your turpintin & campher betten small

soe stur it till it be could then make it

vp in rooles,

To make aquadechredrag,

(27

when the ouen is could take them out & turn

them in to clane dishes & soe lett them stand

if you haue no sun to sett them in till you

haue another ouen to dry them in,

To dry Aprecoks,

To a pound of apricoks take halfe a pound

of double refined suger then stone & pare

the apricoks, & lay one halfe of the suger

under the apricoks & the rest on the topp, &

soe lett them stand 24 howers then boyle

them fast for a quarter of an hower

then lett them stand in the sirrup 48

howers turning them, when they have

stayed one day, after 48 howers lay them

out & sett them into a stoue, turning them

upon fresh plats the firest day you lay them

out turne them euery halfe hower on

fresh glassis if second day turne them euery

hower, & after as you se cause untill they

be dry,

page 28 || page 29

28

To presarue aprocoks in slices,

Take a pound of double refined suger

boyle it candy hight then haue your

aprecoks ready pared & sliced as thin

as you can 3 quarters of a pound, then

put them in the candy lett them stand 6

or 7 days in the sirrip every day warm

ing them but not boyle, when the sirrip

is thick anoufe, put the slices slice by slice

in the bottom of your glass & but the

sirrip ouer,

To make marmilate of

Chreess

To 2 pound of Chreess take halfe a pound

of suger & 2 pints of the iuse of Chrees

stamped & strened putt all these together

your Chrees being stoned & boyle it to a

marmilat but doe not brake your Chrees

as littill as you can, put it into marmilat

Glassis,

29

To make marmilate of

Aprecoks,

Take 3 quarters of a pound of ripe Aprecoks

pare them & cut them into a pound of

suger finly beaten couer them with suger

& lett them stand all night the next day

boyle it up to marmilate, & Glass it,

To presarue damsons,

Take one pound of suger & a pint of water

boyle it to a sirrip & skime it then take

a pound of ggood damsons wipe them & slit

them of one side when the sirrip is boyled

put them in the slits donewards, couer them

& lett them stand upon as much fire as

will keep them warme but not to boyle

thus lett them stand 6 howers & then boyle

them safely up skim them well & put them

into a pott close, | you must presarue these

ather in siluer or puter

page 30 || page 31

30.

To presarue Chrees

Take one pound of chres & cup them

Then take a pound of suger & a quart

of the iuse of Chres boyle & skime it

well & when it is very hot putt in your

Chrees Let them boyle very well & fast as

you can till they be anoufe,

for one that maks bludly

bloudy water,

Take six quarts of strong Ale wort, one

ounce of Anniseeds & 2 ouncis of Lickorich

a good handfull of march mallowes roots lett

them be cleale washed & picked & then sliced

into small sliced, putt all these (except the

Lickiorish) into a grate pipkin & boyle them

gently till halfe be consuemed &, set the Licker=

=rish be put into them not aboue halfe an hower

before you take it from the fire, lett it conti

=new in the pipkin all together, take a bout halfe

(31

a pint att a time warme being firest mingl

ed with a good sponfull of syrrip of succory

it must be taken in the morning fasting

tow or three howers after dyner & last at

night,

To make marmilate of

quincis white,

Take quincis coddill them pritty fast then

pare them & cut them to the corrs into

a siluer pasam, bruse it with a spone very

well & sett it of the fire, lett it boyle but

keepe it sturing that it doe not sett too,

when you haue boyled it pritty dry, then

to a pound of these quincis take 3 quarter

of a pound of duoble refined suger Finly beat

when the quincis is dry then put in your suger

&, lett it boyle till you think it well

marmilate, then put it in your glassis,

page 32 || page 33

32

To make Cracknels

Take halfe a pound of fine flower

& as much suger finly beaten & 2

ouncis of could butter, & a sponfull of

carraways seeds being all night steeped

in venecer, take them cleane from the lickquor

& put them into the yolke of three egs a littil

rose water, stepe a littell muske & ambergrec

in rose water worke the paste all together then

role a peice thin as a wafer, & cutt it with

a drinking glass round, & lay the caks

upon a pye plate being don thin ouer with

fresh buttur, beatte the yolke of an egge with

a sponfull of rosewater & anoynt them with

it, prick them with a pin & sett them in

a pritty quick ouen when ther are brone

take ^ them out, & take them of the plats with a

knife,

33

To make one consueue,

Take a quarter of an ounce of cryprus

turpentine & as much of the powder of

bettony chamaepityea Ligkirise with halfe soe

much powder of nuggttmugs as of the rest

make pills and take them in the morning

fasting, 3 or 4 pills at a time for many

days together,

for draying out a thorne,

Take black sage & veanes turpintin of

both the like quantity & mixe them, then

cut a bise of leather with a hole in the mid

est & lay it on the sere with the hole where

the thorne went in & fill it up with the

aforesade cumpounde,

page 34 || page 35

34)

A plaster for the worms,

Take a round peice of red leather prick

it full of holes with a knife poynt then

rub it ouer with wormwood till it be limber

on the fleshy side then spred it ouer with

good einglesh honey till it be well suppled

then spred it with alloes sicatrina till it

be well pounded then warme it & lye it on

the navill of the child,

for the stone,

take the powder of

Amber make it to

pils with turpintin

Take 3 Amber pills in the morning or

afternoone when the stomack is empty, &

drink presently after a pint of possitt

drink of alle & white wine the Iuse of a

leamon & 3 sponfulls of sirrip of Althea

fast an hower after it,

35

for a woman that hath vnkindly

Labour,

Take mire 4 drams & beate ^ scrape it small

& giue it in any warme drink,

for one that is apt to

miscary with child,

steep nuttmuggs 3 days in white wine

venniger being pricked with a pin then rost

them in Ashes & grate of them into a dro

=ught of muskindin & the yolke of an egge

beaten well & warmed soe drink it fasting

in a morning vse it often,

To auide miscaring

Take a handful of nutt kearnels grind

them with 3 dats then take a good quantity

of maumssy & grind with it & soe strean

them boyle them & thicken it with an egge

boyle in sum sineman & soe eate it warm

page 36 || page 37

36

to further a wommans throws

or too expell a dead chield or too

bring away the after birth

Take date stons dryed & beaten to

po^wder & the powder of granes & cuminseeds

of each a like quantity putt therto sum

sraffran & amber being finly beaten

mingle all these powders to gether & drink

a good sponfull of these in a darught of

maumsey

The powder of a horss ^ stone dryed & taken

in white wine the quantity of a french

crone is good for the same case aboue named,

for a strene,

Take mallus cammimall gronsall & check

neede of each a like quantity stamp them in

a morter, & frye them in hogs greece &

soe aply them hott to the strene,

37

.to make sirrip of Turnips,

Take a peck of turneps putt them into a

stone pott hott, you must pare & slice them

stop the pott close & sett it in an ouen with

your bread, when they are backed strene them

& putt in a pint of stop water & then

to euery pint, put very neare a pound of

suger, boyle it vp to a sirrip, take 3 or 4

sponfulls first in the morning & last att

night, this is good for a consumtion or

could,

A very good plaster for a consumtion

A water for any sore ould oulsoar

Take 3 quarts of smithy water & lett it

Boyle softly on a cleare fire & as the scume

rises take it of when you haue soe done take

it of the fire & putt into it halfe an ounce

of brnt alloum & halfe an ounce of white

copperis then sett it of the fire & lett it

boyle a littill, then lett it be powerd in earth

=en or puter dishes & lett it stand all night

page 38 || page 39

38

then putt it into stone bottels, when you

dress any sore wash the sore first with it

then more fresh & dipe lint therin &

lay it upon the sore, & soe doe twise a day

till it be whole,

To make crame Cheeses

Take a galland of ^ 7 pints of boyle your creame new milke & ^ 3 pints a quart

of crame put sum runit to it as sone as

it is come from the cow, when it is well

come putt itt into the fatt without braking.

putting it in by dishfulls at once that the

whay may haue time to run from it

fill not your fatt too full then put

it in a fare wett cloth & press it till

the whay be ran from it, lay these

Cheeses in fresh grass turning them

euery day for 3 weeks & then you may

eate them,

39

for a consumtion by D: buttler

Take an ould cock sume. 2 or 3 yeare ould

dray him and dress him but him stons &

come & all into ^ a pipkin with a gallon of

fare runing water & boyle him well on a

charcole fire & when the skim rises take it

of & then put into the pipkin 2 ouncis of

cheany cutt small and one handfull of made=

ons hare and one handfull of white Arck=

angell & one pound of rasons of the sonn

stoned & one pound of dats stoned, one ounce

of harts horne & x peices of ould gould

lett all these boyle in it 6 houers then

take it of & strene it well, this broth will,

Ielly & you must take 7 sponfulls in a morn=

=ing & the same quanity in the after noune

soe long as it lasteth,

page 40 || page 41

40)

To make spanish crame,

Take a pottell of new milke & 2 pints of

crame boyle it a good while, when it is

boyled putt it into 3 or 4 bouls new

milke warme & in the morning take the

very thickest putt it into a littill boyle &

stur it untill it be like cruds, you may

star it with a back of spone all one way

or else it well be butter,

To make sider,

Take kentish pipins pick out the blacks

stamp & stren them as you doe verges

then putt the iuse into a pan & boyle it & as

the skime rises take it of when it & boy=

=led & could, put it into uesels & after

a months put itt into pottels,

41

To still Balme water

Take the young topps of Balme a day before

you still it & sprinkell ouer it with your

hand, the best white wine as much as will wett

& 4 nuttgmugs beaten then disstill it in

a glass still, putt into the glass receus the water

4 grans of amber greece halfe an ounce of

white suger candy soe it drop opon it,

A good broth,

Take 2 chickens & cleue them breaking

ther bones putt to them a gallan of water

grat handfull of rasons of the son stoned

sponfulls of pearll sbarly a handfull of

wood sorrell a grate handfull of ringoes

well pilled & so boyle it on a soft fire

till all the goodnes of the chickens be

boyled forth

page 42 || page 43

42

To make Gelly of harts horn

good for a consumtion,

Take 3 ouncis of harts horne finely

scraped putt it into a pipken with 3 pints

of spring water sett it on warme on em=

=bers for 21 howers & boyle it till halfe

be consuemed, then stren it though a Gelly

bagg into a clane siluer bason, putt in as

much suger as you like it for sweetnes

& a stick of seneman a sprig of Rosemary

& a littill lemon pille with sume of your

Iuse which you ^ must putt in after it is don,

when it is boyld saftly to a gelly, then

putt it in glasses, & eate of it in the

morning & after noone warmed with

a littill brad,

43

for sore eyes

Take ground Iuie Celandine & daises of

each a like quantity stamp & stren them

but to them a littill rose water & suger

& soe drop it into the eye with a feather

A soueran water for any thing

that lyeth in the hart of stomeck

small pox or measells,

Take egromonde wormwood saladine sage

betony burnett sorrill & a littell route of

elycompany the rout stamped & the hearbs

shred with twise as much rose mary as of the

rest then stepe them in the best wine you can

sett 6 days & 6 nights, & then strene the

hearbs from the wine, & still the hearbs by

them selfes, for ther water with a littill

methridate will driue a way any Sicknes from

the hart, then still the wine & it is good a ague

with trekle or mettredate good for an ague

page 44 || page 45

44

for a strene

Take black oxe dounge & fry it with

deere suett & white wine vineger & soe lay

it to the strene very hott,

for the w^hitts

boyle new milke with redd sanders & Isinglass

so take it morning & euenge,

to stay a lax

Take 2 handfulls of water mintt & a spon

=full of hole peper boyle them in a pottell

of new milke vntill halfe of it be consuemd

a way & take of it a good drought in the

morning noone & last att night forbearing

meate or drink for two houers after

euery taking,

A plaster for the collick

Take wormwood mint sage rosemary all dryed

of each a handfull beaten small & add therto

bayberys cloues mace beten of each a sponefull

(45

these powders being ridy, boyle a pint of stro

nge alle with sume honny untill it be a sirrip

then incorprate all the powders with sume of it, &

spred it on sheeps lether, & aply it hott to the

stomock & body att what time you haue neede,

this will not sarue aboue 2 or 3 days if soe

long halfe a gell at a time, while you use this

after take lickerish Anniseeds & white suger

candy all made into a powder, & take of it any

time of the day it is good for shortnes of the

breth

for a burning or skalding

Take salt brien & bath the burne or skald

therwith, then take sheepe sutt fresh butter

new sheeps doung goose doung ground Iue

barke or tutsan, the inermost riend of burttree

house lick groundsell fry all these together

keep it for your use, annoyt the place ther

with

page 46 || page 47

46)

A daett drink for the goute

by docker myearne ,

Take of salts pariglin 8 ouncis, of China

10 ouncis, of the routs of ferne of famall

docks pionye malle, each 4 ouncys, of the leaus

of egremonye liuerwort lungwoort scabious

folefoote, each a handfull, ground pine 4 hand

=fulls, flowers of couselops, an ounce & an half,

nuttmugs, an ounce, & leet these ^ be put into a

linning bagg & tuned up in 6 gallons of new

beere of which you are to beging to drink after

you perceue the beere to be cleane & drink it

for your ordinary drink.

for the whits,

Take veanys turpintin & boyle it saftly

in a pan of cleane water till it be hard &

then scrape of it into a new lade egg, when

it is rosted, & eate one every morning.

47

For the grene sicknes,

Take of heart of grace redd sage & ger

mander of each a good handfull & stamp

them with honny then strene them & drink

a good quantity of it being warmed & mixed

with a good quantity of hony, fasting 2

hours after, sturing opon & doune, smell

at a brown tuft & lay your hands in could

water

for staying the corcies

Take a date take out the stone & the white

skin within it, fill the date with rRd sanders

white wine venecer & white suger candy

beaten small couer it & sett it upright in

hott embers & rost it as you doe a warden

& eate it in a morning,

page 48 || page 49

48

To make the oyle of Adders

toung,

Take a pint or quart of the best sallett oyle

& put it in in possnett, then take the Adders

toung & bruse it in a morter, & put as

much into the oyle as will make it thick

then sett it on the fire & lett it boyle untill

you se the oyle uery greene, the oyle will leue

bubling when it is a noufe, then take it from

the fire, & stren it into a glass, you may

keepe it 2 or 3 years

when you dress a wound you must first

wash it with the partes owne watter or

white wine, if the wound be deepe you

must make tents of linte & dipe it in

the oyle when it is warme & fill up the

wound with it, unless ther be cause you

need not put in the tente, but only the

oyle, the skutt of a hare being diped in

49

the oyle will stay the bleeding of a wound

The salue to use with the oyle

take a quarter of a pound of Rolsome of

wax of barrow hogs greece or deeres

suett of all these a like quantity & putt

them together in a posnit and lett them

boyle a littill, then strene it & put to

it 2 drams of Turpentine & stur it

well to gether, then putt in 4 or 5

handfulls of Adders tounge, & then

power it into an earthen pott with a littill

watter in the bottom & so lett it stand

till it be could, then take it out &

keepe it for your use, spred it thin on a

cloth & lay it on the sore when you

dress it with the oyle, the oyle is good

for a swelling, if you anoynt it with

it warme,

page 50 || page 51

50)

To make oringe water,

Take 24 oringes pare them thing as

you would doe for chips, put the chips

into a gallan of sack, then couer it

close & sett it opon imbers all night

in a close pot, the next morning still

it with a soft fire, & lett it drop

opon white suger candy finely beaten

. To make clary water

Take clary sprinkell it ouer with ^ a good dell

of sack lett it stand all night then

wring out the clary & put in fresh soe,

doe for 4 days together the last day

still it all together & lett it drope

upon the leaues of clary & whit suger

candy,

(51

To make minte water

Take garden mint sprinkell it with

a littill sack sett it stand all night

& the next day still it,

ffor the morphew

Take a pound of Redd Tartter &

wrap it in a wett brown paper hott

& putt it into the medell of a Charcools

fire Redd hott, when it is burnt to

a redd coole Putt it into a pint of

distilled white wine veniger & Let it

stand 24 houers, then poower it of

gently & lett it run through a brown

paper, & lett the partty wash 3 days

togetther morning & euening, & wash

in nothing elce for that time, & 3

days after wash not att all, & att the

page 52 || page 53

52

ende of them days wipe the place

washed with a peece of scarlett, & the

morphew will peele of,

for the whits,

Take a new lade egg hot take

oute the white & beate it with 3

sponfulls of Red rose water & as

much planting water then sweet=

ten it with white suger candy

drink it for a weeke to gether,

euery mornging fasting, new milk

warme,

for the same,

Take a new lade egg rost it reare

& as you eatte it swallow 3 or 4

mastteck pills, doe this for 6 morn

=ings to gether

(53

To make Rose Solis

Take as much of the hearp Rosa

solis as will fill a pottle pott or glas

wash it not, then take a pottle of

Aqua composita & put them together

into a large pott or or vessell, & lett it

stand hard stoped 3 days & 3 nights &

the A day open it & strean though a

fare lining cloth into a glass & put

therto a pound of Suger beaten small

halfe a pound of lecoris beaten in

fine poder halfe a pound of datts cutt

in small peices mix them all to gether

& stope the glass that noe arer come into

it, then drink when you goe to bed

halfe a sponfull mixt with a good quanti

ty of talle Alle & as much in the morn=

ing fasting, it will cure any of a consum=

=tion this herbe must not be getherd but in

page 54 || page 55

54)

Iune or Iuly & you must not tuch it with

your hands for then the vartue is gone

out of the hearbe,

. To heale a scalding in 4 days,

Take an onyon & cutt it ouerwhart

& wring out the iuse upon the place

where he or she is scalded doe soe

every day twise & it will heall it,

Mr Smiths aproued medsion

for the stone,

Take the lights of a fox the seeds of

bromes the berrys that grow vpon the

willd eglantin the pills of orringes Ashon

keys read nettell tops when they first

come vp the crops of Red oake when frist

it coms vp in the spring tops of red time

striped saxifrige elder flowers stone crope

take all these, dry them all by the

(55

fire beate them into very fine

powder & sort them seuerally when

you have made all the powders weay

euery quantity by it selfe wight for

wight as euen as you can, then

mingell them all to gether, & att night

when you goe to bed take as much of

this powder as will ley upon a three

pence & lay it in steep in a draught

of beere & drinke it the next morn

ing fasting, vse excersise after it as

Riding or walking fast, & fast 3 hours

after the taking it, take 3 mornings

together, if the party be in grate

pane, then steep the powder in 3

sponfulls of whit wine all night &

in the morning take 3 sponfulls of

the distilled water of milke & 3 more

of white wine soe drink it

page 56 || page 57

56)

To make marmilate of

Quinches, Red

Take good quinces greate them into

a cleane bason streane them & take

a pint of the Iuse 3 quarters of a

pound of fine suger, & a pound of

quinches pared & cored and cutt in

quarters lett all these boyle &

when it is a noufe bruse the quinchis

a littill, when it is could butt it in

Glassis

To make white marmilate,

Take a pound of spannish quinces

pare & core them cutt them & put

them into a siluer bason with halfe

a pound of fine suger, lett them bo=

=yle fast, keeping them with sturing

when it is boyled a nouf take

it out of the fire, & glass it

(57

To dry pippens,

Take good pippins. but them in a

siue & sett them in an ouen after

the rey bread is drawn, then when

the ouen is could take them out,

& the next day sett them in a littill

hotter ouen, then lay o2 together

& lett them in a gaine so doe till

they be dry anoufe,

for the stone,

Take the berrys of Red hawps or

thorns when they are ripe dry

them in an ouen beate & scearce

them, & take a sponfull of this

powder in a draft of posett drink

once a weeke in the morning fasting

& fast till dinner doe this a great

while,

page 58 || page 59

58

To make pipin watter,

Take owne bushell of pippens cutt

them into slices with the pareing &

corres, boyle them with 12: gallons of

watter till the goodnes of the pippens be

in the water, & that consuemed a boute

3 gallons, then putt itt into a gilly or

hypocrist bag made of cotton, & when

it is cleane runne out, & allmost could

sweeten it with fiue pound of suger

then when it is neare could, putt a

pint of Alle yeast to it & sett it a

working 2 nights & days then skime

of the yeast cleane & putt it into

bottils & lett it stand 2 or 3 days

till the yeast fall downe deade att the

tope then take it of cleane with a

(59

knife & fill the bottils within a littill

of the necke, & then stop them vp &

tye them or elce it will driue out the

cork you may drink of it within a

forthnight it will keepe fiue weeks & not longer,

To make Docke Alle good for

the spleene & liuer,

Take ffower gallons of midling Alle with-

out hopps as sowne as tis coole putt it

into a stone stene haue in ridynes halfe

a peck of yellow Docks roots & 2 hand=

fulls of suckery roots & owne handfull

of ordinary sorrill roots, wash them very

well & dry them in a cloth, but doe

not scrape them: slitt the biggest roots

& take out the pith, & bruse the roots

with a wooden pestell & put them all

into the stene with an egge unbroken & a

wedge of steele, of halfe a pound wight

page 60 || page 61

60

& an ounce of loueadge seed brused &

hung in the Alle in a fine linnen cloth:

after fower days you may drink it a

good beere glass in a morning & as

much in the afternoone,

A good broth for a

consumtion,

Take an ounce of iuary halfe an ounce

of Chiny putt them into a quart of

spring water, in a siluer can, lett them

stand vpon hott imbers all night to infuse

then take an ould coke bruse it & put it

in a pipkin that will hould a gallon,

putt to the cocke the watter chiny & iuary

2 handfulls of rasons stoned a littill

mace a crust of bread what hearbs you

think proper soe lett all infuse other

12 houers vpon hott imbers, so giue

it owne boyle vp & sett it roune

though a canuis,

(61

A watter to take freckles or pock

holes out of the face, by an

irish woman,

Take 3 young whelps of a forthnight

ould Take of there heads & there skins

& iese nothing but ther 4 quarters

one quart of red cows milk halfe an

ounce of parma=cety an ounce of patch

grease 20 house snealls halfe a pint of

femetory water halfe a pint of betanye

water putt them all in a still, & distill

them leisurely,

To make a Rowing cheese

Take a pale full of morning milke

putt into it a quart of creame then

then sett it together coole, when the cheese

are 3 days ould couer them with a

boyle & euery 3 days turne & wipe

them, these cheess must be made when

the beasts are put into the mowed ground,

page 62 || page 63

62)

The plague water, Lady wesmorland

Take rue agremony wormwood sallindin

sage balme mugwort dragons penerriall

marigould fetherfew burnell sorrill Alico

=mepany roots screaped & shredd small

scabious wood bettony auienes termintell

cardus benedittus angeleco of each 2 pound

4t of Rosemary mingle all these & shred

them small, then stepe them in the best

whit wine 3 days & nights sturing

them once or thwise a day, puting noe ^ more

wine then will couer the hearbs, then

still them all together in a common still

Take not too much of the first watter

putt a littill to it as you find the

strength, if you fill not the still aboue

a ninch think at once it will yeald

more, & 2 ounces of methredate & an

ounce of Treacle, Andromie /

(63

The vartues

This watter is good for any infection of

the plauge & if the sore come not out kindly

mingle 3 or 4 sponfulls of the strongest water

with sume methridate, giue the party to

drink could, happ him warme to sweat,

it is good against any infection of the small

pox or mesells, giue 3 or 4 sponfulls to drink

without metherdate, without you se great

accation, for both together may bring out

the pox or measels too violently, it is allso

good in a surfett, if ther be a feauer giue

the small water, if ther be noe feauer

giue the stroner, it is allso good against

could shaking aguess if the fitt be very

could, putt a littill methredate into 4

sponfulls of the strongest watter, giuing it the

party 2 houers before the fitt, ether walke

a way the Could fitt, if you be not able lye

done & couer yo a warme to gett heat before

the cold fitt come, in ther shaking it commonly helps

page 64 || page 65

64)

The oyle of St Iohns woort,

Take one pint of white wine, 2t of oyle

olliue 1t of the oyle of Tuerpinten the leaues

flowers & seeds of St Ihons woort, of each

a good handfull gently bruesed putt all

these in a double glass sett it in the sunn

8 or i0 days, them boyle them, in the same

glass sett in a cettle of watter with stray

at the bottom for the glass to stand on;

this done strene the licquer from the hearbs

then putt into the same licquer the same

quantity of hearbs flowers seeds putt not

wine, & sett then in the sun as you did

before, this is an exellant balsum ofor

any wound espeaselly in your heade,

65

The white plaster which is good for

a bruse or Ache or to lay to any

sore & for a fellon when it first

cometh but espeaselly good for the

weaknes of your back being spred

on sheeps leather,

Take 8 ouncs oz: of Red Leade & 4 oz: of

white Leade 5 oz: of castle sope a pint of

sallett oyle, boyle all these together, till

it come to a browne couler, then put in

halfe an oz of oyle of bay, & halfe an

oz of hoggs greese stur them well toget

=her then take it of, & dip sum peice

of new leather clothes in it, so to mak

your seareclothes & so ably it, it must

boyle - in a new pipkine,

page 66 || page 67

66)

for the spleene by lady vanasor

Take mellito cammile of each 3 handfuls

parcily Roman woormewood plantin ditinye

of each a handfull beate them small in

a stone morter then put to them 3

pound of fine Rosell 12 ouncis of fine

wax a pound of sheeps suett a pint of

white wine melt all to gether in an

earthen pott & lett them stand 7

days, then lett them be parfictly boyld

& stured & keep it for your use

you must take att a time the bigness

of a wallnut & melt it in a sausar &

spred it on the rough side of a peice of

sheeps leather, as broud as the place where

the pane lyeth pricking the leather, soe

lay it on the place & lett it lye till

it fall of, it selfe,

67

The Canker oyntment,

Take of cumpred smallidge hearbe of grace

sutheran wood parselay, or pine huse greene

hearb bennitt hemlock egremony lyons touth

which is dandalyon buckhorne plantin ribbes

Red sage mints marcury wormwood betto=

=ny selfe heale falerinu Scabius that groeth

in meadous long leaued like sorrill of

each of them a handfull, boyle all these

in butter new churned, the buttermilke

beatten out of it, 2 houers upon a soft

fire it must be done in the middle of

may, then streen it in a lining cloth

into a puther basone, & when it is could

part it from the dross in the bottom; &

boyle the best vpon a charcoole fire skim

it well with a feather, but it in a

pott & keep it for your use,

page 68 || page 69

68)

you may take the wieght of the oyntment

in bee wax & dubble so much Rosell &

it will make a good saulue, & boyle

them together,

To make elder wine, Lady lister

Take 40pd of malligoe Rasons steep them in

i0 gallons of watter 9 or i0 days then

drene of the licquer & tunn it vp into an

uessill & put to it 3 quarts of the ieuse of

elder beryes full ripe, let it stand in soum

warme rome. that it may work, if you please

a boute a month after you may bottle it

vp but if you make much it is as good in

uessills, when you haue drane forth the first

licquer you may putt to the sasons 5 or 6

gallons of watter, for the smaller wine, & as

before but to it when you ton it vp 3

pints of elder bery Iouce the stronger will

keepe a yeare the smaller halfe as long,

(69

Lady Lister

A plaster for a consumtion to

be lade on the stomock & for

the seateen vpon the paned plase,

Take burgandy pitch Rosen Bee wax of

eatch 2 ounces melt them to gether then

take one ounce & a halfe of course tur=

=pintin & an ounce of oyle of mace, melt

all together, & spred them vpon sheeps leather

grate a nuttmuge vpon it, so lay it to the

place,

A cordall water for life

& health,

Take sinymon & genger of eatch an ounce

sanders yellow Red & white, of eatch 6 dra=

=ms cloues Gallingall & nutmugs of eatch 2

drams, mace cubets of eatch a drame, cardi=

=miuns & mallenbsatt seed of eatch 3 drams,

halfe an ounce of annyseeds sweet fennell

seeds wild carritt seeds of eatch a dram & a

halfe, angilyeny roots & cloue gelyflowrs roots

page 70 || page 71

70)

Clarry & time & callimett pippernoll & mint

of eatch 2 drams, stitch seed & buglas of eatch

of the 4 a drame & a halfe, the pills of

sittron rind 3 drams, in fuse these in 12 pints

of the best spirrett of wine 15 days in a

glass close stoped, then distell it with leasur

then add to the water, the spirrits of diamber

or aramticum cosuam dianiote dyaniargariton

musk & amber greese tyed in a rag of each

a scruble Iulope of roses a pinte being well

incorpreated lett them stand till they be

cleare, close stoped, then to a quart of this

take suger candy a pound salk 6 ouncis

rose water 4 ouncis make it into a

surrop then add to it more amber greese

& musk 18 grans, yellow sanders 2 drams

saffron 15 grans Besur a cruple grind it

small with suger cangdy & put it in keep

it close stoped,

71

A reseate from D:..ridges against

the plague to keep a baue all treasure

for in all the plague time it neuer

faled, if the hart was not mortyfied

before this was taken

Take 3 pints of malmesey ^ or muscadine & boyle

therin of rue & sage, of each one hand=

full, till one pint be wasted, then strene

it & but it ouer the fire againe, then

put thereto a pennyworth of long pepper

halfe an ounce of ginger & a quarter of

an ounce of nuttmugs all beaten to

powder, then lett them all boyle together

a littill, then put therin. an ounc of

methrydate, as much of the best treacle

a quarter of a pint of angelyca water

take this warme euening & morning

tow sponfuls at a time, if you feare

your selfe infected & sweat vpon it.

page 72 || page 73

72,

if not infected one sponfull a day

is a noufe,

My Lady reuers Cordall water,

Take a pound of fine lofe suger well

beatten, one quart of runing water, stur them

together till the suger be melted, then put

in a pint of dammask rose water a pint

of your best cinnmon water - 3 pints of uery

good Aqua=uita a quarter of a pint of

Angelyca water a quarter of a pint of

rosa=solis water a quarter of a pint of

cloue water a quarter of a pint of

annyseed water, strene all together

though a cotton strener, you may putt

in halfe an ounce of musk cumfits

brused & take out the seeds, or 2

grans of musk & as much amber grees

73

tyed it in a littill peice of & tyfyin &

hung in the glasse the oulder it is the better,

you may saffly giue a child when it

is newly borne a spoonfull, for it is good

to driue any thing from the childs hair

& to bring out your Red gumme,

To dray the rume from the eyes

that is sore

Take Ballalmilick mastick Dragons

bloud of each the same quantity, beaten

& searsed in fine powder, mingle the

powder with the whit of an egg well

beaten, & spred it upon black ueluett

& laye it at the nape of your neck &

your temples,

page 74 || page 75

74

Take wallnutts crack them, pick them

into salt & water, so lett them lye

24 houers, then put them into milk

& let them ly till they will pill,

then pill them & put them into

fresh milk take them out when you

send them to the table & dray

them with a cloth, these wallnuts

will tast as well as if they ware

Iust garthered

A medison for the Stone

Take 6 Sponfulls of milke water

wmingle with it, the same quantity

of whitte wine, with part of it moysten

in a spone 8 or 9 slicis of ginger, &

so thine that it curle up, the which swallow

(75

without shewing it, & after them drink

the rest of the wine & milk watter, continu

to doe this 3 mornings together fasting

& then for 3 mornings more swallow

2 sponfulls of sallitt oyle, firest sprenkling

each sponfull (ore if you please) with Suger

& emediately after them drink a draught

of Ale or beere sweettned with suger

or seasened with slict nuttmugs, the

patient must take this medison 3 mornings

a peece interchangably till he haue accom

=plisht 18 days, when the patiant hath his

fitt cleane possett drink, made with halfe

small Alle & halfe Renish wine, seasened

with surop of allthea & nutgutt hath

bene found to work an excallant

affect,

page 76 || page 77

Lady

Candish

a rare water for keeping

the hare from coming of,

Take halfe a pint of spririt of

sack, Bengimane & storex of each

an ounce, brused, 4 drams of Amber

greese, but these in to a glass will

hould a quart, & lett them infuse in

a pan of warme water, 24 houers

then streane it, keepe this water &

put but one or 2 drops in to 2

sponfulls of fare water or Rosemary

water, & wett your head euery morning

A rare Gelly of vealle

Take the knukle of a leg of uealle

lay it all night in water then boyle

it in ^ a gallon of spring water in a

(77

cleane pipkin, then streane it & lett it

stand all night, in the morning take the

fatt Clenne of the top ^ then melt it , almost sweeten it with

suger ^ boyle first clarify it withthe whits of egs, then your Iuses butt in the Iuse of 4 lemmons

& 2 orringes a little lemmon pill &

a sprig of Rosemary, beat the white of

4 or 5 egs but itt in, & lett them

boyle ^ but Iust simmer to getther, when it is anoufe

& a little coole, lett it run 4 or 5

times though a Gilly bag till it be

very Cleare, & put little slices of

orring & Lemon pill in the bottom of

your glases,

To presarue wallnuts white,

Take your wallnuts, about 3 weeks after

midsoumer, pare them to the white which

is next the kernall & as you pare them

put them in could water, till you haue

page 78 || page 79

78)

done all to a pound of wallnuts take a

pound & quarter of refined suger, then

put a quart of water to a pound of your

suger, & boyle it to a thin sorup, then

leay your wallnuts in a siluer bason &, couer

them with sroup, then boyle them as

fast as beefe, & as the sorop wasts put

in more, till it be all in, when they

are neare a noufe take them of, & let

them stand till the next morning, then

take same greene sittron & cutt itt in

little long peices, & with a larding

pin draw a peice though the seams of

each of them, then make an end of

presaruing them but haue a care you

break not the sittron, & strow in the other

quarter of suger, & when they are anoufe

take them of & pot them,

79

A good receate for the stone,

Take a pottle of Red cous milke, &

a good handfull of the hearb paesston r

good handfull of seckfrege a bunch of

Radishes sliced but all thise into the

milk, the hearbs being Grosly cutt then

distill it in a Glass still, & take it

when soeuer you find any pane drinking

euery morning 6 spoonfulls for the speace

of a week, & it will assueredly helpe,

Chrey water,

Take ripe cherryes. 2 pound, clarrit

wine 2 pints, Rosemary balme of each

as much as you can take vp betwex 2

fingers, & a thum, one nuttmuge, steepe

them 2 days together haueing first

page 80 || page 81

80

taken out the stons & brused them in

a marble morter, & brused the cheris

with your hand, then distill them with

a gentill fire, & lett in drop upon

suger candy, then sett it in the sun

well stoped, with sume mush & ambre

greece hanging in a peice of sarsnet,

Docter hintons broth to be

taken 3 weekes after one be Churched

to strenthen,

Take the knuckels of mutton & veale

of each a handful well brok &

brused of China halfe an ounce of

salsapilla 2 ounces of burage & baglosse

flowers, viletts couslops & Archangell flowers

of each a handful, of sweet margram &

(81

time of each a quarter of a handfull, of

damask pruans Rasones of the sun stoned

currans of each a quarter of a pound, 6

datts, a littill mace, boyle these things

in an earthen pipkin with eight pints

of canditt water, unto 4 pints or there

abouts, towards the latter end of the decoction

ad therto consarue of Cloue Gilyflowers

& consarue of roses of each an ounce,

streane it & drink a good draught

euery morning, & after noone blod

warme, I had forgot a ounce of harts

horne must be aded,

page 82 || page 83

82)

To make treakle water

good for any surfett, & for striking

any in fection from the hart

Take of cardus water 3 peints put

into it an ounce of hartshorne shred

& boyle it till it come to a quart, then

take Gentian roots, allicompany & crypres

roots, pouncritron rines dryed of each an

ounce, beate them into a very gross powder

& of the leaues of cardaus & Angilyco

of each an ounce, & the flowers of mary

=goulds borrige rosemary buglas of each 2

ouncis, & one pound of ould veines treacle

dissouled in 6 pints of white wine & 3

pints of ridd Roske water infuse all these

together 24 houers, then still it in a glass

still or limpeck,

83

Sneall oyntment,

Take Lauinder: Ridsage Rosemary spearmint

wor^mwood hearbe of grace helerbodes Brokeline

bugles all cost of of each of these a handfull

shred smalle, then take 4 pound of may

butter knead them well alltogether & lett

them lye 9 days & nights in a seller till

they be mouldye ouer, then beate them

very well & shred them, & put to them a

quart of black snealls, henpenis. cowsherne

of each of these a porringer wffull 2 ouncis

of frankinsence nutmugs cloues mace silymon,

make all these into an oyntment,

Heller saule

Take Heller in may chope it in swines grece

& streane it forth, put in turpintin rosin wax

suet in the turpintin when you take it of the fire

do streane it & keepe it for your use,

page 84 || page 85

84

To make an excellent sweete water, which must

be done the later end of Iune

/ffirst cover ouer the bottom of the still with bay

leaves, thentake putt in half apeck of Damosk rose

leaves, sweet margerum, blowne lavender of each

two handfulls, a quarter of a pound of orenge

& damoske powder of clove gilliflowre &

carnation of each one a handfull, one ounce

of cloves, stamp all these in a stone morture

then powre in it a pint of sack, halfe a pinte of

Damoske rose water, & wine vinegar toge=

ther, lett them infuse in a close thing well stopt

twenty foure houres then att three severall

times with a gentle fire distill the same; then take

two graines of muske & tye it in a lawne or

tiffenye wrage, hang it in the midst of a

glasse, & sett it in the still on the former cake

& with it a very gentle fire, lett it continue

six houres

85

Lady Chauendish

To make Hipochras

Take a pound of white lump sugar, two ounces

of symonan, a quarter of ounce of gingar, &

a quarter of an ounce of cloves, bruse these

spices, & put them withthe sugar to steepe in

a gallon of good white wine, stir them

well together, & lett them stand all night clos-

covered in a stone pott, in the mourneing putt

halfe a pint of new milke in't, & lett it run

through a iellye bagg, wetting it first in

milke & wringe it out againe, lett it

run through the bag, soe often till it be clear

& taste stronge of the spice, a few cardemum

seedes amongst the spise will give it agood

taste.

page 86 || page 87

86)

The Sarfitt water

Take 2 handfulls of Rue, 4 ^ of wallnutts

when they are greene, & so young as a

pin, will pas though, 8 handfulls of figs,

beate all these well in a morter, & still

them, & drinke same of the water with

suger, it is a rare thing for a surffitt or

any illnes att the stomich,

To make sarrop of Althea,

Take a great many roots of march mall=

=as wash & scrape them, & take out the pith

& slice them, boyle them in spring water

till all the strenth of the roots be out, & the

water slippy, lett it run in though a Gilly

bag, then putt a pint of suger to a pint

of this water & boyle it well to a surrip

87

a rare salue for a burne,

Take Goulden sackcefrage, & ground eiuy of

each, the like quantity shred them & fboyle

them in may butter, then strene it & keepe

it for your use,

to dry damsons or pulmes,

Lady Chauend

=ish

Take a pound of pulmes the stones being

taken out of the lids, take halfe a pound

of suger, make a sourrop, & when it is

warme, but in yoursploums with the slitted

sids downwards, lett them stand an hower

upon the fire but not boyle, heate them 3 days

together, & the last day giue them a boyle,

then lett them stand 2 days, in the sourrop

then lay them on siues, & the next morning

sett them in an ouen to dry, then fill

vp the hole skins with the broken stonnes till

^you make them very round & hole, when they

page 88 || page 89

88)

are allmost dry, wipe them ouer with a cloth

& warme water, & sett them in the ouen

for an hower,

A good powder for the disgestion,

Take of candyed sage & Rosemary flowers of

each one ounce, orring & lemmon chips of

each halfe an ounce Angillica stalks candyed

6 drams Corriander & sweet fennill seede

carrany Cumfits of each 2 drams, myngle

these into Gross powder adding white suger

candy 2 ouncis, of which take the wight of a

shilling att a time before & affter mente

& att what other time you please,

To make meade,

take 10 gallangs of spring water, 16 pints of

hunny, sett the water vpon the fire till it be as

warme as neew milk, then put the honey into

(89

a boule, then mixe the water & it together

keepe it boyling 2 houers softly put in 23

nuttmugs cutt into quarters, then take a quart

of grond malt & mixe with the rest, & lett

it stand till it be could, then steine it & put

to it a pint of neew yeast, lett it stand att

night to work, the next morning, tun it up

into a uesill, & a fornight after you may

dray it unto bottles, it will not keep about

a month,

page 91 || page 92

A receipt to make Marchbane

cakes

Take a pound of the best Iourdaine water ^ Almonds

& lay them in water over night the

next mourneing blanch them into faire

water, then take them out & dry them

cleane, & beate them in a stone morter, &

in the beating put in about 2 spoone full

of the flower of Rice, & a little Rose water

with muske & Amber, & about a spoonefull

of sack, then take a pound & 3 quarternes

of the best sugar finely searc'd & when the

Almonds are beaten small, mix it with

with some of the whites of eggs beaton to

froth, & as much gum dragon stept in

Rose water, as will lye on a thre pence

mix all those together so stiff as you

may but spread them with a knife, & beate

them a little after, then lay them on

92

sheetes of wafers, & stick them with oranges

& Citorns, & lay them on a white paper

& a browne & sett them into an Oven,

noe hotter, then they may onely rise, &

lett them lye till they be dry

An excellant surrop for a consumtion

Take madens hare, liuerwort, harts toung, lung=

wort, which is called spotted sage, or sage of Ierusalem

fowlsfoot, Agremony, of each a good handfull, unsett

Isop tops, & hoarhound of each halfe a handfull, pick

& wash them well with a good sponfull of anniseeds,

& putt them all into a wine Gallon of spring water,

put in also a stick of lickerrish scraped, & sliced, halfe

a pound of reasons stoned, a quarter of a pound of

datts washed, & sliced, 2 ounces of the best Chiney,

sliced, put these all into an earthen pott, stoped

close, & sett it in the ouen, after manchitt is drawn

lett it stand ^ in the ouen 12 hours, after that boyle it of a soft fire

till 3 parts be consumed, then streane the lickquer

from the hearbs, &, lett it stand 12 hours to sattle, then

cleare it of & put to euery pint of the licquer, 3 quer

ters of a pound of white sugger Candy or fine suger

boyle it up to a surrope, may or Iune is the time to

make it, the party must take 2 sponfulls morning & night

or w sweeten ther broth with it

page 93 || page 96

93

A rare resceat for the scuruy

Take garden scruy gras 12 pound pick it cleane

bruse it, stamp & streane it, then take 3 pound

of Briony roots, neew gethered, hors radish roots

2 pound, of winter Bark 2 pound, nuttmugs 4 ounces,

10 lemmons, slice all these, then take 8 pints of white

wine with the Iuse of the scuruey grass, lay them in

steepe 8 howers in the wine, then still them, & lett the

watter stand a fornight, then take 6 sponfulls of it

with 2 sponfulls of the surrop of the 5 oppening roots,

euery morning for a mounth together & att

euening if you please,

To make the surrope

Take sparrow grass roots, fennill roots, parcely

roots, smallidge roots, Grass roots, of each 2 ounces

scrape them, & take out the pith, boyle them in 2

Gquarts of watter, till it comes to a pint, & a

halfe, then strene it out, & put in a pound &

halfe of sugger, & boyle it to a surrop,

To dry peaches

must haue sume 2 sponfulls besides of liquo

=rish beaten & searsed & putt it in with your

sugar & Gumes & when it is allmost

beaten anoufe put in 3 grans of musk

& 3 of Amber grease, then take it out

of the morter & lett it stand a littill

while, then rowle it up with the other

suger into past & make it up in Rowls

& dry it in a stoue, when you putt

in the sugar candy you must put in as

much of your other sugar at the same

time, as there is of the Candy,

page 97 || page 98

97

To make Iocolate Almonds

Take one pound of Ihocolate finely grated

add a 2 pound of the best refined suger

then take gume dragon & lett it soke in

orringe fflower watter to one pound of

Ihocolate putt 12 grams of amber greeces

4 of musk in powder with the gumdragon

work it all into stife past & forme it of

what ffashon you please & dry them in

a stoue,

To make Cherbett

into a 3 pint bottle of spring water put

the Iuse of 2 good lemons, of the best refind

suger to sweeten it to your likeing halfe a

sponefull of Orring fflower watter one gram

of musk disouled sproute with the rind of

the lemons into it & shrene all though a

hollond cloth & drink it as sowne as it

can be made uery coold,

98

To make pippen drink

boyle pippens in water till the strenth

be out, you must pare & core them &

boyle with them a littill ffrench barley then

let it run Though a cotten bag, take a

lemon & slice it thin pille & all lay it on

the bottom of a bason streew ouer it sume

fine suger, then power in your pipen water

warme upon it lett it stand till morning

then bottle it,

page 99 || page 100

An approued Medesine

for the wind Collicke /

Take foure Good Lemmons slise them

skine and all one ounce of Cloues

brused Take two handfulls of young

balme 2 handfulls of marygould.

fflowers prike and shread them

steepe all theise 12 houres in three

pintes of Good white wyne distill them

the next Morneinge in a Roase watter

still with a softt fier Lett the watter

drop vpon white Sugar Candy.

Lady Belasyse

To make meade,

Take 10 quarts of hony

Take 10 Gallans of watter, & one Gallan of

hony, one pound of Rasons of the sun stoned

boyle them well together, thentell the lickor be halfe

consumed, lett it stand till it be almost coold

then work it up like beere, put it up in a uesell

& lett it stand 4 days, then draw it into botles

with a few cardimony seede in euery bottle, lett

it be 3 weeks or a mounth before you drink

it,

Resberry watter,

lady margett wentworth

Take a gallon of sack 15 or 16 good hand=

fulls of Rasberrys & 2 handfulls of Burage

flower & if you please as many Balme flowers

stope them uery close in an earthen pott well

leaded, & lett them stand to infuse 6 or 8 days, in

sume coole place then still it in a cold still pasted

close, keepe the first & second runing by them

selus, put the first water into a wide mouth

Glass, & putt to it a handfull of uery ripe

page 101 || page 102

Rasberrys stope it close & let it stand till the

watter haue taken a fine couler, then strene it

from the Rasberrys, sweeten it to your tast, with

white suger Candy finely searsed, & keept it for

your use,

To make an exalent water for a surfitt

or feauour, you may take halfe a pint

att a time, it is good for sicknes att the

stomack & feums,

Take 4 handfulls of cardis Binedictious, 2 handfulls

of speare mint & 2 handfulls of wormwood, putt

these (beings striped from the stalks, & shred small)

into 8 quarts of new milke warme, from the Cow

let it steepe, lett it steepe one night, & disstill it

the next morning, this is for one days stilling, in the

stilling of this watter, you must haue a great care

thatthe pott you infuse it in be uery sweet & cleane

then when your milke & hearbs are in the stil, as soone

as euer it begins to be warme, you must take of

the tope of the still & stur it aboate, & so againe

about halfe a quarter of an hower after, or

less, & so doe often till it begine to drope, that it

may not cheese & make the water sower, then distill

it leasurely till you haue 4 quarts or more of

water then sweeten it with suger /

For Ilster paines

Take mvgwort wormwood & Camamile flowers

of eatch two handfuls, Cvminseed two ovnces

bayberys 3 ovnces, let yovr hearbes be small

Cvt, the seeds & berys beaten, ad to them

2 handfvlls bran, when the other is well

boyled in halfe sack, & white wine, then

pvt in the bran to thicken it, pvt halfe

of this in one blether; & lay it to the

body where yovr paine is & when it is

Covlde take an other blether with that

which is warm, & so vse, these, till the

paine sence, warcheinge them as they Coole,

A water for sore eyes

Take halfe a pint of frog water then

make 4 or 5 stones or lapis Calaminaris

red hott & quench them in the water take 2

ounces of this water & mix with it 20

graines of Trochis alba Rhasis in fine

powder, keepe it for your use

for this milk water leave out the mint &

the wormwood, & take the same quantety of balm

& burage

page 103 || page 104

Black Cherry Cordiall watter,

Take 2 quarts of claritt wine, & 4 pound

of Black cherrys, stampe the cherryes, till the

stones are borken, then putt them into the

wine with a handfull of Angilaco, as much

cardus, a handfull of balme, a quarter of a

handful of mint, as many rosemary flowers

as you can hould in both your hands, so many

marigould flowers, & as many cowslope flowers,

3 handfuls of cloue Gillyflowers 2 ounces of

cinimon a quarter of an ounce of nuttmugs

broken in peices, putt all these into an deepe

earthen pott stur them well, & couer the pott

& past itt close that noe are enter; lett it in

stand all night, in the morning putt it into the

still, lute it close up, & keepe a gentill fire

take a pint & a halfe of the first watter

a pint of the second, & then lett in dope

into an other glass as heagh long as it will drope,

lady st Ihon

The stringent watter for staying the -

Take a quart of Red wine & a quart of

plantin watter a handfull of oke buds getherd

in may, of a tree that was shroked the yeare

before an ounce of cinamon brused, still all

these together, & giue the party to drink 3

sponfulls of this att a time, as often as ther

is need, an exalent electuary for a Coold

or consumption

Take halfe a pound of ould concerue of Roses

& drope into it 24 dropes of the oyle of

sulpher & 12 drops of the oyle of vetriall

& emediatly mix them together, otherways

the oyles will wast, then take halfe a pound

of the reasons of the son stalked, & stoned, then

stampe them into a kind of part, then mix with

the rasons 4 ounces of Browne suger Candye

in powder, then then putt in your conserue of Roses

& oyles & beate them all together,

page 105 || page 106

Take of this electuary, about the quan

=tity of an nugmug, in the morning an hower

before you eate, in the after noone & att night

when you goe to bed,

A seare-Cloth for Aches paines

s bruses or burnes.

Take a pint of Good sallitt oyle halfe a pound

of Red Leade in fine powder a quarter of a pound of bee wax boyle these upon

a gentle fire continually sturing them with a

stike, when it begins to be black, dope sume

into coold water, if that grow hard, it is anoufe

then dipe your cloths, & smoth them of both

sids, rowle them up, with oyled paper betwext

& keepe them for your use

To make lemon creame

Take 4 good lemons chipe them uery thin,

then squese the Iuse of the lemons into the

pille, lett it stand 3 howers, then take the

whites of 8 egs beate them uery well, then

Add aboue a pint of spring water, then

putt in your Iuse of lemons & a littell Rose,

& orring flower watter, run it though

a cotten bag, then sweeten it to your tast

sett it on the fire sturing it all one way

till it begine to thicken, & be like Gelly

when tis coold, this is anoufe for 2 dishes

Axtract of mault for consumtion

Take a Gallon of strong Ale wort, into which

put hearts tounge, leuerwort, Isop, do

colesfoote, Orgumenti; horehound, ffennell

watercresse, Scabious of each halfe a

handfull, Rosa=solus, a handfull; Caper-

roots clens'd, one ounce, Allacumpany rootes

page 107 || page 108

steep't & prepayred halfe an ounce.

Rayson's of the sun & figs of each halfe

a quartern of a pound, Dates slys't & stond

2 ounces, fox lungs prepayr'd & one ounce

boyle all these in the wort till the -

vertue be out of the ingredience, then

streine itt & putt to euery pint 4 ounces

of hunny 6 ounces of sugar, then boyle it

to what thicknesse yow please, yow may leaue

out the hony if yow please butt then yow must to

euery pint put a pound of sugar, to

euery pint of this yow must add an -

ounce of Maiesterium of Pearle & 2

dram's of the salt of Currall this -

must be taken fasting the quantity

of halfe a spoonefull, Leting it goe

downe easily, the like quantity about

4 in the after=noone, & as much when yow goe

to bede

Restoratiue Capon water.

for Consumption, or weakenesse

Take a good fleshly capon; well drest

& clens'd for the fatt & intrells; & per-

boyl'd a little, cutt in small peeces; take

goates milke, cowes milk; new drawne, of

each 6 pints; of Canary sack 4 pints

of rose water 2 pints; of Lungwort; Isop

maden heyre, wild time, coults foote

= of each a handfull, Cheny rootes 2 han

=dfulls; pistachey & pine curnels; slist

of each one ownce & a halfe of theCord -

Cordiall flowres of each 2 handfulls;

Iubebs new 30 Dates slyst halfe a quar

=tern of a pound the spices of Dya-

-Margrett, ffrigidium; Dyacodian; Abatis

page 109 || page 110

of each one ounce; the herbs with all

the other things being shredd small

slyst & mingl'd must be putt into

aglass styll or lymbeck; withthe milkes

sack & rosewater, lett them stand thus

in enfusian; 24 houres; then silt with a

gentle fyne, putt into the receiuer 2 ounces

white sugar candye in small powder

20ty graynes of ambergreese; once booke

of leafegould; broken small in the

sugar, Distill 5 pints of this water

which the party may drinke 6 spoone

fulls fasting & as much in after-

noone. /

ffor Convultion fitts

Take the bag of a younge

sow; the first time she hath pigs; sew

it betwixt 2 fine clothes & dry itt in

an ouen; beate & scearse itt; & take

as much of the powder as you take vp

on a groate & putt it into 2 spoonefulls

of Lyllyconvallium ^ flower water; lett the

patient take the like quantity 3 mor

rneing to gether & fast one houer

after & att nights; a spoonefull of

the same surrop of the same flowers

Doe this in the springe & fall 2

mounths to gether & att the increase &

waine of the moone, anoynt the naup of

neck with oyle of amber, lett the patient

an issue

page 111 || page 112

ffor a Cancarr.

Take very fine burnt alum

well scrapt, mix itt with your best hony

&b lay it to the place when the Cancer is

doe this till itt be cur'd.

ffor the goute

Lady lister

Take 3 ounces of Vergins wax & as

much Deere suite; halfe a pound of

redd lead m in fine powder one pint

of sallett oyle; boyl all this together

ouer a gentl fyre, stir itt till itt

come to a blackish color, then take itt

& putt in 5 6 pinny worth of Venus

turpintine & stir it all together, & power itt

into fayr water & soe make itt into

rowles which you vse itt spredd it thine

on the fleshy side of sheepes leather,

being first prick't soe lay it vpon

the playce pain'd or swell'd & lett

it lye as long as it will stick.

Lady Ranilag

For Staying Th:

Take henbayne & white poppyseed of

each one dramm, pound them well in

a morter, then add 2 ounces of the conserue

of redd roses beate them well together till

they be well mingled of which mixture

take the bignesse of a hassell nutt every

quarter of an hour if neede be itt

stayes floods butt not soddainely & must

be vs'd till the effect be found.

page 113 || page 114

To make Cherry wine,

stalke your Cherrys then break them with

your hands in a Tub uery well. lett them stand

so all night, the next day strean it, & putt

the wine in a Runlett, to euery Gallan of Iuse

putt a quarter of a pound of sugger, lett it

stand a mounth, then draw it into Bottles

& putt a littill lump of lofe sugger in

euery Bottle, & sett it uery Coole

To make biskitt of fruit Lady Coumton

Codle your Quinches & strene them Though

a hare siue, then take the wight of

them in suger finely beaten & putt

them together, then beat them together

with a spone for 2 houers as you doe

biskitt, till you se it light, white &

thick, then putt it into coffins of paper

and sett them in a stoue, in 2 or 3 days

they will be dry anoufe to turne out

of the papers, halfe a pound is anoufe

to doe att a time, thus you may doe

Aprecoks plums currans or Rasps,

To dry peaches

Take a pound of peaches put them in scald

=ing watter, when they will pille, pille of the

skins & putt them into hott watter till they

be uery soft, then lay them in a cloth

till the watter be dreand from them, then

take a pound of refined suger, in lumps

putt to it a pint of water lett it be uery

hott butt not boyle then put in the peaches

lett them stand an houre upon the fire,

but nott bolye, the next day heate them, &

so again at euening this you must doe for

7 or 8 days together, then lay them upon

plats & dry them in a stoue turning them

page 115 || page 116

euery day, you make take out the stons

when they haue been 3 days in the

surrup.

To preserue peaches

Take a pound of peaches scald & skine

them take out the stones, then take a

pound of fine suger halfe a pint of

water boyle & skime it, then putt in

your peaches & boyle them till they be

anoufe,

To make an exalent salue or

Oyntment for any bruises ould sores or

ulcers scalds & burnes,

Mrs Hansby

Take halfe a pint of the Iuce of House=

=leeke, & add thereto 2 ounces of bees wax

2 ounces of boors Grease, 2 ounces of

Rosen boyle it Gently to a salufe

use it ather by spreding or a plaster

or meelting it, to anoynt, as the sore

requires,

A to pultis be use with this saule

Take a penny loafe of white bread cutt it

peices crust & all poyle it in same watter

as much as to make it a pultis, put in

Rid rose cake puled in peices till it be

well boyled then putt into it sume swines

Grease,

for the Bloudy fluxe you must

anoynt the back bone from the nape of the

neck downwards with this oynment 3 seuerall

times in 24 houers, which will certainly helpe

any flux ife you keepe a good dyett, it is

good for the meagrem in the head, if the anoynt

the Temples, & forehead, & fore the stoping of

rume, & sore eys if you anoynt the eye lids,

it heelpeth any burne or scald, it cureth

any cutt, beeing melted & putt therin

Take 8 puond of butter out of the Churne with

out salt, or washing, only well beaten out

page 117 || page 118

of the buttermilke, clarify your butter, take of

the skinne, lett it stand till it bee halfe cold

then poure of the cleare oyle into a bason

putt itt into a cleane pan, then add therto

of Adders tongue, sinecle, solimans seale,

plant in, cunary, mouse eare of each

halfe a pound, if you cannot gett culary

you must add as much more mouse eare

chope these hearbs uery smalle, beate

them well in a morter, then putt them

into your Clarified butter, lett it boyle

halfe an houre sturing it often, then

strene it, when it is a littill coole, cleare

it, into the pott you intend to keept it

leauing the dross, it will keepe 7 years,

To pickell Gooseberys

lady Copley

Take a Gallon of the best white wine

venicer put to it a pound & a quarter

of lofe suger, boyle & skime it, take

a many gooseberys as you think that will

couer, pick them cleane & scald them a little

when they, & the lickur or both coold,

putt them together into a glass, tye

them close up, them will be a thick

mothen at the tope of the Glasse which must

not be taken of, for it will preserue

them all the yeare,

page 119 || page 120

To dry Aprecoks or peare plumes

Take a pound of plumes & a pound

of suger, slit & scald the plumes tender

then sprincle sume of your suger on the

bottom of your bason & lay your plums

one, by one, & couer them withthe rest

of the suger, & leaue ^ sett them in the stoue

all night, next day heate them ouer the

fire, till they be almost ready to boyle

& turne them, then sett them into the

stoue againe, & lett them stand 2 days

more, turning them euery day then take

them oute of the surrop &, lay them upon

plates to dry, Aprecoks may be done the

same way only they must be stoned &

pared before you codle them.

Mrs Beckworth Receipt for the

Stone

Take

(of Haw Water)

(of Renish wine)

(of Sirruppe de Althea)

Each tow good Spoonfulls

Let these be taken in a draught of Ale three

mornings at the change full & fiue at the full,

Adde to it as much of the Powder of Haws

as will lie vpon a Shilling & a little

nuttmegge, Three or foure days after each

takeing, take a dose of any Pills, that

will Gently purge /

How to make the Haw Water

Gather a quantatie of Haws pick & bruise

them in a Morter then distill them in an ordinar

still thrice ouer. /

page 121 || page 122

Mrs Wray of Barlings her Quince wine

Take the Quinces when they'r th^orow ripe, grate

them & presse out theire iuice, lett it then settle

whilst it is cleare at the topp; powre ^out of the

cleare, put a little sugar to it, & then let it

stand & worke, when it has don workeing put it

into bottles, with a lump of sugar in each bottle.

The Quinches are not to be payr'd.

To keepe Quinces all the yeare

Take quinces & slice the paire & core

altogether, do the like with a good quantity of

sharpe sound apples when they'r all well boyled

together, in a good quantitie of water, lett

them stand & coole, then take your whole

quinces, wipe them cleane, after take an

earthen vessell, well season'd; then put into

the bottom of it; some of the stuff altoge-

ther; then a layer of the quinces, with theire

tayles downewardes; then a layer of the stuff.

so with layers of each till the vessel be

fil'd; but the last must be withthe stuff

of a good thicknesse, then tye it vp close

with a bladder & leather, setting the vessell

in a coole place, when you take them out, for

the vse be sure yow touch none, but those

yow take out. /

page 123 || page 124

an exalent respeat to

cure madnes,

Mr ffranklard

take rue schred it & mix to it with

oyle of Roses, spred it upon leather

& lay it upon the crowne of the head

the hare being sctiped of,

Apply to the nape of the neck a plaster

of Red rose leaues coming seed, & Red,

wine uenicer, Aply to the nauill a

plaster of Gallanum, Aply to the solles,

of the ffeete rosted Ounyons to the

temples sowes milke to make them

sleepe, giue inwardly sume spirritt

of castor, or the powder of

castor in spring watter

Mr Edward Wrayes receipt to

make Iocolett.

Take of Cacoas cleane Pickt from the shels one -

pound; of loafe sugar halfe a pound, Baianillias

two: As chote the weighte of one shillinge; sinamon

halfe an ounce; Annieseede the weighte of three -

shillinges, Gueng pepper :30: Graines or what you

will, Any other spice you please, of Almondes ^ or Haisle

Nutes ffower & Twenty : /

Sarah Castleton receipts

the Gascoins powder

Take 4 ounces of crabbs clawes

halfe an ounce of correll and as much

pearll all these must be beate into

uery fine powder seuerally & sceare

then worke it up into balls with Iellie

of uipers skins which Ielly must be

made thus

page 125 || page 126

Take 14 uipers skinks cutt in little

peces put them in a quart of faire

watter & let it boyle till it comes

to halfe a pint then straine it and

put to it an ounce of leafe gold cutt

uery small and masscrated in borage

watter then steep some saffron

in red rose water 2 or 3 spoonfulls

and with all these things make

up your balls the crabbs must

begot when the sun and moon is in

coniunction in cancer & the

uipers head & tailes cutt of aboue

the uents

a medicition for the stone

Take Fennell roots & parsly rootes

pish them all and seith them in

whit wine & put thereto a little

page 127 || page 128

anniseed and then straine it to the

patent to drinke euening and morring

a watter for the stone

Take a pound of green bean codds &

still them in a quart of whit wine &

when you haue drawn the water put

it againe to the stillory & still the

water two times besides the frist time

then take three pound & an halfe of watre

walnuts as thay grow upon the tree and

bruise them & still them as you haue done

the beands then take too pounds of green

sampire & use it as you haue done the seade

beanes & nuts and when you haue done

put the said beanes nuts & sampire

together in the stiltory with the water

that proceeded of them & so still all together

once & so put it into a glase & let the glase

be but soe begg that it be but halfe full

page 129 || page 130

of the water & after you haue sunned

it ten times Let the patient drinke of

it by fiue spoonfulls at a time & so con

tinue it fower or fiue days this use at

such times as the patient shall be diseased

of the stone

an approued medicen for the stone

Take a potle of new milke & the whites

and shells of twenty eggs & breake into

the milke and then still it in a cold

still & drinke of it morring and

euening & fast two howers after it

none of the yolkes must be in it

to make biscake

page 131 || page 132

to make Lemmon crame

take 4 Larges Lemmons & pare

them put the Rinds in watter all

night then take seuen whits of

eggs with on yoolke and beat them

uery well and streen them and put

in a pint of the watter the rinds

was steeped in and squece in the

Iuice of a Lemmon & half a pound

of duble refined suger and when

the suger is melted then stren it

into a bason set it ouer the fier & keep

it stirring all one way till it be thick as crame

page 133 || page 134

to dry cheeres

take to euery pound of suger 4 pound

of cheeres & take allmost a quart

of the Iuices of cheeres to on pound

suger so make a surrope frist & skim

it then put in your cheeres & lett

them be uery hot so you may worme

them the nex day if you please

let them boile softly

to make orring Marmalet

pare your orrings & lay them in watter

three dayes moreing & euening boly them

then take them out of the watter & wipe

them uery dry with a laine cloth cut

them all the seeds then stamp & strane

them and set your pulpe & whit to euery

of pulp a pound & a halfe of suger put

it in by degrees & let it stand

page 135 || page 136

to presarue orrings

take Tweleue of the faires oringes &

the best coloured if you can get them

with smooth skines thay are the better

& with a great greater the outward

pill of it you wold have them hole take

out some of the meate with a coring Iron

or if you wold haue them cut into

halfes you must leue some of the meate

in them lay them in steepe in conduct

watter two days & to nights thay must

be shifted morning & euening then take

them out the watter & rubb them

with whit slate then with a clean

wipe them uery dry themn boyl them

in too seuerall watters & when thay

are uery tender take them out of the

watter then with a knife take out

all the blacke

page 137 || page 138

page 139 || page 140

to candy cowslip flowers

take a pound of loafe suger melt

it in watter boile it to all most suger

againe then have a pound of cowslip

ready pick without knobs & put them

in by degree & let them stand ouer

a slow fier till they be dry sturen

them continually

another way

take a pound of suger & a pound of

cowslipes beate the suger uery small

& sift it put into your preserueor

pan a lay of cowslipes & a lay of

suger till the be all in then sett

them ouer a slow fier & strie

them continually till thay be dry

most part of the suger will part

of the suger will part from them again

page 141 || page 142

for the stone aproued an Electurey

tak an ounce of the sirrup of alther

2 ounce of suger of violeetts & 2 ounces

of oyle of sweet almonds new draw &

with 6 drops of naturall balson drop in

to it & well incorpranted together with

the oyl siurp & suger

the posit drinke

take halfe apint or a pint of new milke

boyle it on the firer when it boyls put

of the sam quantity of whit wine &

alle which hauen raise a fine curd

let it be taken of cleane then put in

to the clere Drinke on spoonfull of

allther root with about 20 genniper

berrys well brused let them boyle to

receue the vertue of the root & berrys

which will be to the consuming of on

quarter of the Drinke or neere that

then haueing a bason where in you haue

page 143 || page 144

an ounce of liquirick ware it a

pint it but halfe a pint then

halfe a/an ounc of liquirick being

clene craped then cut into slites

& lay in to that bason power the

drink boyling hot upon the liqui

resk couer it close a quarter of an

houer this being don please to giue

on spoonfull of the Electurey to

the patint & wash it down with

a good drawfe of posit Drink for

my Lord fanshaw halfe a pint will

be anuf but a man or woman a pint

in extremmity

page 145 || page 146

a recete to make cowslipe

wine

take six pound of raisons of the

son or malligoe whether you

please let them be cleane washed

dried & picked chope them small

& put them into a ston pot then

put to them 7 quarts of springe

watter stire it well together

couer it uery close let it stand

6 or 7 dayes but be sure to strie

once or twisse euery day & couer

it close againe straine it out

from the resons. & put it into

a pot with a spicket Let it stand

2 or 3 days to settell then bottell

it up & put into iuery bottell a lump

of loafe suger

thare may be put to the rason

that is strained out tow or 3 quarts

page 147 || page 148

for a child that is stufec

mis hansby

receat

take 2 pints of thick swett crame

make it uery yellow with saffron

put 2 spoonfulls of aquuauite to it

beat it with a spoon till it comes to

be butter squese out the whey

anoit the thort & down to the pit

of the stomach with this butter

twice dayly being warmed apply

a cloth dipped in this to those

parts

Rx,. 2 handfulls of unset hyssop, & 2 of Rosemary -

infuse them: in a pint of white wine vinegar and a

pint of Damask Rosewater, next morning boil

the infusion till it be half wasted, then strain it

and sweeten it with white sugar Candy, give

a spoonfull of this at a time, as oft as you please.

Mis hansby reccate

page 149 || page 150

For a Burn or Scald

Mis hansby receat

Rx Of Hogs grease, and mutton suett of each a

like quantity, then take of sheeps Dunge, & goose

as much more as there is of the two Liquors,

and boyl it altogether continually stirring it & mix it

well together near a quarter of an houre, then put

into it about the eighth part of so much bee wax

as there was of hogs grease, then boyl it & stirre

it a little more, Then straine it and use it for all

burns & scaldes, & other Sores, you must spread it

very thin apon Linning & change it morninge &

Evening./

to make a watter good for the

head

take of the flower of lime trees of

lilly conuall of the uator of sage of

rosmary of betony of primrose each

a quarter of a picke Lauander flower

to sage handfull put all these in a

clane earthen uessell well Glased putt

to them the best whit wine too quarts

lett them stand closed couerd tow days

then disstill alltogether with a Gintle

fire & resure them for your use

take six spoonfull in a morring with

on good of compound surope of pione

For a Burn or Scald

Take the Iuice of a Great onion

& put to it 9 spoonfuls of fair water

and as much salted oyl & beat e'm

together very well (with feathers) till

t'is thick & white, & lay it on with a

feather

page 151 || page 152

Doctor Argaills Receit

To stew a necke of mutton

and pigeons without liquor

Take a necke of mutton cutt cutt into

steakes halfe a dozen of pigeons cutt

into ^ halves halves lay these in a deep dish, sett

them in a glentle fire cover them

close, and as you find the liquer increase

quicken your fire, then putt into it mace

a bundle of sweet herbes, an onion 3 or 4

Anchoves when it allmost a nought

putt a way the herbs and onion, soe serve

it up with sippets and garnish it with to

with lemon

You may putt in some

oysters if you please

Doctor Argoll Receit

To dress flounders, and any sort

of white fish.

Cutt your fish in such peces as you

like lay them in Vinegar, and and

salt halfe an houre Take oysters season

them with pepper, and salt stew them

in a pipkins in thear owne liquor two

two warmes or ^ boyleings will be enought, cover

them, putt halfe a pound of butter into

a frying pan, and when it begins to

blacke pover in a pinte of white wine

and the liquor of the oysters when it boyle

up put in your fish wc with a onyon, or

garlicke lemon pill cloves whole, and

nutmegg sliced, when tis enough lay sipetts

in a dish, and poure as much of the liquor,

as will moisten them, then lay your fish

on the sippets, and pouer on them leave of

butter and Anchoves and some horse radish

and thethe liquor and so serve it up

page 153 || page 154

To pickle Cowcumberes

Gather them very dry, wipe them with a cleane

cloath put them in a glas fill it with wine

vinegar & a little water & so much salt

as will make it stronge, let it stand cloase

cover'd i weeke, by which time they will

looke yellow, then power of the pickle & boyle

it with whole mace, Cloues, pepper, & a

little peece of roach Allum, power it

scalding hott to the Cowcumberes cover them

very close & lett them stand till the next

day, then boyle ii pickle as before & put

it to them: this doe for 5 dayes together

& they will be very greene, eate crup

& keepe all the yeare

The Lady Elizabeth Harvey s Receipt for

makeing cream cheese.

Take 2 gallons from the stroaking of cows. &

put to it 2 quarts of water & i quart of cream

& a little Rennet, when it is come take it &

whey it very tenderly in a cloth, & not squeaze

it in your handes, at all. Then put it in a

cheese mote & lay a Board on it, & a little weight

on that; So let it stand a quarter of an houre.

page 155 || page 156

To make the Iuce of lickuorish

exalent for a coold lady harbert

take 2 ounces and a half of uery Good

lickuorish scrape of the out side and

peele it in thin peices, then take

a quarter of a pint of Hysoppe watter

and a quarter of a pint of Colts ffoote

watter and steepe your lickuorish in it

3 days boyle it untill and with it steep

a quarter of an ounce of Anyseeds,

when they are steeped 3 days boyle it

untill it grows a little thick, then

streane it and take 2 pound of fine

suger uery well searced, and a quarter

of a pound of suger candey ffinely

searced, a little peice of cheery

or blume tree Gume, of Gumdra

gon. half a sponfull, the Gumes must

be steeped the Day before in rose

watter strean the Gumes and put them

into a stone morter with the liquorish

page 157 || page 158

and suger candy, beat them untill they

look pritty white, you must haue sume

2 sponfulls besides of lickuorish

beaten and scarced and putt it in

with your sugar and Gums and when

it is all most beaten a noufe put

in 3 grans of musk and 3 of Amber

grease, then take it out of the morter

and lett it stand a lettle while,

then rowle it up with the other suger

into past and make it up in rowls

and dry them In a stoue, when you

put in the sugar candy you must put

in as much of your other sugar att

the same time as there is of the candy

A Good powder for the Stone

Take a peny worth of bay berrys, and the

skines of a dosen Eggs shells and 2 granes

of long pepper beat them all together into

fine powder, the skines of the Eggs must

be dryed before the fire very well before

you beat them

take a bout half a spoonfull att a time

in a Glase of white wine

A saule for a old sore

Take of the powder of dry'd Cardis

and Chlorifide hony, then take a pare

of hott tonges and take up some alum

In them and so drop it into the hony and

then put your powder of Cardis into it, and make

it up to a saule.

page 159 || page 160

To make turpintin Pills

Take 2 ounces of venice turpintine put

it into a basson of clear spring water and

wash it till it be very white and cleare

from motts then boyle it in a doble

quantity of water let it boyle a hower

Then power it out into a bason of fare

water, when it tis cold take out the

turpintine, and put it into the thing you

boyled it in, with a spoonfull of rose water

set it on a soft fire till it begine to cake

then take it from the fire, and make

Pills of it, and keep them up in a dish

half full of turpintine powder,

The Ague Plaster:

take about a spoonfull of veanos turpintine

& about the biggness of a nutt of franckinsinc

boyle them well togather & spread them upon

sheeps leather: & apply it over the nable lay

this not on till the party has had 5 or 6 fitts

least the Ague should be stoppd to soon:

to be laid on an hower before the fitt coms

page 161 || page 162

to Cure a festula:

Take of white Coperis: & of Roach Allum

of each the same quantity boyle them in

an earthen pott or pipkin till they are

very drie then: beat them: & take as much

of the powder as a spoonfull comes too:

& put it into a quart of spring water

& let it be new milk warm: when

you wash the sore with itt you must

serange the sore very well with itt &

lay Clothes dipt in this water upon

it: you must dres it 3 or 4 times in

a day:

To pickel Mellons & quinih

Like mangoe

Core your quinih & slit your Mellons

& take out the seeds then put in gar

lick & put into them more or lees as

you wod haue them tast of it. take ffor

the pickel strong Bear & vineger as

much as will couer them aboue an 2 inch

boyle in them a little ginger: a ffew

Cloues: & a good deall of whole mace

& whole peper & salt to make an

egge to rise but not to sweme when

it boyles scume it & power it sacld

ing on the fruite let them be close couer

ed at the weeks End boyle the pickel

again & scume it & power it on as

befor drying the ffruit one by one

& laying into the pot againe repeat

the scalding of them 3 times the last time

put musterd seed into the garlick a

little crushed but not soe ffine as

ffor musterd by half wall nuts are

& done the same way but that they are

boyled in seuiral watters to take out

the betternes the watter you shift them which had

be hot & salt in it at the last wise them & salt

page 163 || page 164

them a little & make their picke of al vineger

but as for vineger mor or less as lik ffor

sharpnes both these & the mellon ..... you

may add a ffew bay leaues

White wallnut pickeled

Take your wallnuts 3 weeks affter mid=

summer paire of al the green & throw

them as you doe them into water when you haue

done as many as you intend boyle them in

watter if it wastes be=ffore they are

enough ffill it up with warm water

when you take then up drawne them in a

corse Cloath & make your pickle of whit

wine & vineger of al vineger as you

lik ffor shart=nes boyle in it whole

pe peper pepper whole mace & a ffew

Cloues power it scalding ouer them &

Couer them Close.

page 165 || page 166

for the Ganders

take a handfull of barbery bark & a handfull

of strawbery wires & hempseed & boyle all

these in 2 quarts of Ale when you drink

it put some safforn to it & drink a porr=

=inger full twice a day.

for a bruse on the Eye

take planting & red rose leafs &

boyle them in water & vinger & then

thicken it as for a poltis with white

bread crumes when you cannot

get planting leafs, take the disstilld

water /

for the chin cough

take she box & dry it very well befor

a fire & powder it, then mixe it with

Honey ^ take a nife point full morning &

night & at any time when the cough trobl.

for the Ganders

Take Goose Dung hott from the goose

squee it ^ with some Ale put to it take

2 or 3 spoonfulls morning & 4 a

clock in the afternoon

for the chin cough

Take Albumgrickcome & mixe it with

hony & take about the Bigness of a small

Nutmage morning & night

to stope Bleeding

Take swins dung fryd in fat &

lay it as warm as they can bear

it to the souls of the feet

page 167 || page 168

for a swelling in the leg or heat

or pain or sprain

Take sage boyle it in milk till

tis soft & bath it with it & lay it

fresh to it every night & morning

it it require it & bind on tis good

for any swelling

Sir George Cobbs Recipe brought from

Tonquin , a Certain Cure for the bite

of a mad dog.

Take Native Cinnabar, Cinnabar of

antimony, of Each twenty four grains.

mash fifteen grains, mix this for one

dose, to be taken immediately after the

bite in two spoonfulls of Brandy, and

to be repeated after thirty days, but if

any symptoms of madness, already appear

give two doses in an hour and in half

time, and another hext morning.

N: B: the above quantity is Calculated

for a grown Person, but must be given

to Children in proportion to their ages.

this medicine is a very great sweat.

therefore the patient should be in bed.

page 169 || page 170

The steell drink

Take of steell prepared 4 ounces,

the like burnt harts horne & sassaper

ella; chyna 2 ozes ounces gallingal roots 3 drams

as much of Corriander seeds; Guiacum 3 oze ounces

Ebony Ebony wood one ounce & a halfe.

Egremony dried 4 handfulls & a halfe;

oring pills one handfull & a halfe bruse the

seeds; slice the woods; break the pills; rube the

herbs, a little; moysten the bagg which is to be

of boulter strew into it a handful of whet

brane; then mix the ingregents & put them into

it then hang it in a vessell with six gallons

of either alle or ..... bear which you like

best. & when tis 8 days old begine to drink

it in the morning & in the after noon half

a pint at a time, a little warme & if it be one

that can vse exersis let them lye in the morning

2 hours after it put a clean stone in the

bagg to sink it.

Doctor Stockains addition was of grund spring

watter; Cresses & brooklime; of each 6 handffulls

you must purg once in a week or forthnight with

either pill ruste or any thing ells

page 171 || page 172

A Lobster Pye

Take the meat out of 2 or 3 Lobsters: Cut

it small season it with pepper & salt most ffeine

Col pepper, a pint of oyster or Cockels being

parboyled put them with your ffish into your pye: cover

it with butter & leade it when tis baked take some of

of the bodys with the iuce of Lemon make a cordial

& cut up the Leade & put it in & shake it well

bake it only with Butter make the cadill of wine sider or som

alle & some of the oyster liquer or cokel liquor

A craw fish soope

Wash your Crawfish Exstremly Clear then take

water & vineger & Clarrit of Each Equalle quainty,

or to your tast a little salt onion & whole spices to

your Liker. then boyle your ffish in it when Enough take them up.

& Let the Liquor settle & power of the Clear then pull of the

talles out of the shells & stew them in butter & shread

parsley with a bit of mace then take some of the best

of the body & the Claws & take the meat out of them keep the

shells of the bodys as whole as you can to garnish your

dish then take the meat of the others & put altogether

in the liquor they was boyld in & take all the shells & bruse

then in a morter & take some of the liquor & wash them in

it then straine it out then take more liquor & doe like

wise till you have all the goodness out of the shells with som

of the liquor bruise the yolk of 4 or 6 hard eggs then ^ take Liquor

& & the crums of staill white bread whole oinons whole whit

pepper a blade or 2 of mace & some slicd Ginger if you want

Liquor take broath that other fish has bine boyld in being made

thus set the ffish on the ffier & draine al the waterish part of

it a way then boyle it in Either wine or sider for some tim

then add it to the other as you see fitte boyle ffrench bread in it

172

in Lumps in it then haue Either tench or carpe pick or

what ffine fish you please in the midle of the dish or a loaf

of ffrench bread will doe very well if you haue noe fish

then at the last take the tails & al the liquor & the parsley

thatt they was stewed in & let all boyle or stew to

gether & squesse in the iuce of Lemon or what you

please to sharpen it, then take either some of your craw

ffish ^ or other fish & shreed it & season it with spice

& herbs mushroms a little Lemon pitt as you like

you may add pickels or what you please make it into

balls ^ with yolk of an egge put some of them into your soope & fill some

of the shells with some of it & garnish your dish

with somethem & some balls & ffried & maron

ated ffish. Lobster soope does well that way

To stew a Turkey

Take a ffine young turkey well drest ffill the

skinne on the Brest with fforst meat & lard it

well on the sides with bacon. put into the belley

sharlotes 2 anchoves shreed small & a little time

then Brown it on a spite with a little butter when it

tis very Brown Tak Equal quaintys of strong

broath & Clarrit & put in a stew pann put in shallo

sharlot 2 anchoves a ffagot of sweet herbs a blade

of mace a little Lemon pill salt let all these stew

till tholy ^ being cloce couered enought then serue it up in the same sauce

ading some iuce of oring to it or some such thing

as Lemon or graps or goosbureys to it, ffry some

bacon Collops & lay round the dish with little ffrench

loaues the tops being cut of & almost the crume taken

dipt in cream & ffryed themn ffill them with oysters

stewed in some of the liquor your turky is stewed in

same way dos well with your solland be

any such sort of ffoule.

you may Brown it on a spit or in your stew pan with

butter

page 173 || page 174

173

To Lobster Pye

Take 2 or 3 Lobsters take out al ye iner

cut it small season it with pepper & salt but

To pickel Lobsters

boyle your Lobsters then take out your talls & the

Claws as whole as you cane leauing none of

the meat in ye shells then take white wine &

white wine veneger with mace: nut=mege &

whole pepper giue them a boyle when cold slice

in some Lemon skinn & all then put in your Lobster

& couer them Cloce keeping them ffor your vse in a week

or tenn days time they will be ffite to Eat

Lemon marmelet

Pare your Lemons take of all the white wine as

Clear as posible then slice them as ^ thinn as may be then have ready

some strong apple watter & to the meat of 3 good

Lemons take half a pint of apple water & a spoon

ffull or more of the fine pulp being rubd throw a siue

to a pound of them mixt thes take 3 quarters of a pound ofe

the best reffind suger boyle it to suger a gaine then put

to your suger to it & boyle them up quick & haue in ready

..... good quaintey of the best Green sittron slicd

..... giue it a boyle altogether but first S slices

..... in water & a little suger ^ & giue them a boyle to take of the candy

..... draine it ffrom the water befor you put

Oring wine

Take 6 Gallons of spring water 12tt of the

best powder suger the whits of 4 eggs well

beaten boyle these 3qrts of an houre scume

it well when tis cold put in 6 spoondfulls of

alle yest & 6 spoondfulls of surrip of sittren

well beaten to=gether the iuce & pills of 50

oringes let these worke 2 days & 2 nights

then add 2 quarts of renish wine & tune it

up into a vessell stope it Close & let it

stand 6 weeks then bottle it if you leaue

out 20 of the pills it is the better for the wine

Lemon wine

Toa a Gallon of water take 2pd of good

suger boyle it an houre & scume it

well allow water ffor the boyling a way &

iust when tis enough put in the iuce & pills

of 2 Lemons then take it of the ffier & when

cold put to every Gallon a good spoonful

of Eyet & worke it 24 houres then tune pills

& al into a uessell ffit for it let it stand a fforth

night or 3 weeks in a coule place then bottle

it but dont corke it Cloce til it is setteled a

week or more then clear it into other bottles

to corke it close & keep it till ffite to drink

you may add more Lemons if you please

page 175 || page 176

The best Apricok wine

Geather them when they are ffull ripe

wipe them Clean & pick out al the spots & the

stons & the stalks then quarter them & put them in

a earthen pot with as much watter as will couer

them & sume thing more then set it into a kettle of

boyling watter & when you think them throw hote then

take it out of the kettle & put in as much doubl

reffind suger as you think conuenant to sweeten it

the sweeter it tis the better it will keep let it stand

cloce couerd 4 days then draine it throw a haire

siue into a Earthen vessell & let it stand 3 or 4

days more then run it throw a fflannell & bottle

it when it has bine 6 or 8 days in bottles if not

Clear rune it 3 or 4 tims more throw fflannel

a gaine & if it has any seniment clear it into

ffresh bottles & cork it well

Almond Butter

Chirn a quart of Cream in a Glass chirne

or bottle when tis butter wash it in watter take

2 onces of almonds blanched & beat them uery fine

with oring fflower water or rose watter mix them & your Butter

together with the yolks of 2 Eggs a little warm

on the ffier & season it to your tast with suger then

with a spoon put it throw a orang Coulnger on

plats or throw a squart

A pretty sort of Lemon Caks

Take your Lemons & scoope them & put the pulpe in

a siluer tanckard & set it in a skellit of

boyling water ffor a quarter of an houre then rub

it thro. a haire siue & take the waight of it in

double reffind suger put them together as ffor other

Clear Caks & when your suger is throwly scalded put

it into your Glasses & when ffite to turn take them out of

your stone & let them Coule befor then turne themthen put

them into your stone again

An Egge Cream

Take the yolks of hard egges bruse them

small & with butter make them into a past season

it with suger & either orang fflower or rose water

doe it thro an orang Coulender or a squart with

a mouse thatt is ffull of wholes or what you ffancy

The Egg Riallnot a good cream

Take 2pd of suger & Clarrifie it then take

2 dozen of Eggs & take the yolks of them & straine them

then take a small tunnell & put it in by little & littel

& let run thro into the boyld surrip & let it boyle

a little while & take it put & take it out & put in 2 or

3 tost in a plate or past in small patty panns & put the

eggs upon the tosts or in the patty panns & set them

in a modrat ouen to harden with suger sifted ouer

them I beleiue a quarter of a pint of water is enough to

and of suger some lemon & some the

pill will doe well in it

this is not a good cream

page 177 || page 178

Chocolatt Cream

Take a quart of very thick Cream

& boile it, then take three ounces

of the best Chocolatt great it, & put

it to the Cream & let them boile to=

=gather then put in a quarter of

a pound of fine suger let it stand

to be cold then whip up the whits

of 7 or 8 egges & put it to the cho=

colatt & cream, & whip them up

togather skim of the froath as it

rises so, put it in glaces or cups,

page 179 || page 180

page 181 || page 182

page 183 || page 184

page 185 || page 186

page 187 || page 188

page 189 || page 190

page 191 || page 192

page 193 || page 194

page 195 || page 196

page 197 || page 198

page 199 || page 200

page 201 || page 202

page 203 || page 204

page 205 || page 206

page 207 || page 208

page 209 || page 210

page 211 || page 212

page 213 || page 214

page 215 || page 216

page 217 || page 218

page 219 || page 220

page 221 || page 222

page 223 || page 224

page 225 || page 226

page 227 || page 228

page 229 || page 14

To Dresh mushroomes hott

Take of the uper skine then put

them in a dish without water and

draw there water out with a small

fire & and through it away then stew

them with an onion and butter

and a little Cloves and mace

with a little vinger and boyle them

a good quarter of an hower,

A Beef puding

Take half a pound of suet & a pound of Beef,

2 or 3 sharlots spices & some sweet hearbs

shred these very small severaly then work

all together with 4 or 5 yolks & boyle it

in a cabage leafe,

back inside cover || [page i]

A table of the recepts in this book,

1 A water for the uabers

of the mother & spleen,

2 my lady warricks sittron

water,

3 Lucantilus balsom for

woulds by my lady palmer

A water for the Ieandus

6 spleene & Collick

wind in the stomick,

8 to make couslop water

9 to make palsy water

12 to make surrip of quinces

14 to make Raspice wine

15 Aqua merabiles

15 a grat cake,

17 Lady Allins water

18 the grene oyntment

oyle of chririty

20 to Make Gorges plaster

22 to make smaller

Rispice wine,

3 23 oyle of chrarty

to make yellow

salue

25 to make aqueadecredre

25 to make honycome caks

26 to dry damsons

27 to dry Aprecks

28 to slice aprecoks

28 to make marmilate of Chres

29 to make marmilate of

Aprecoks,

29 to presarue damsons

30 to presarue Chrees

30 for one that maks bloudy

water,

31 to make white marmilate

pf quincis,

32 to make cracknells

33 to make one conseeue

33 to dray put a thorne

34 a plaster for the worms

34 for the scome

35 for one that hath vnk

=indly labour

35 for one apt to miscary

35 to avoyde miscarying

[page ii] || page 1

36 to expell a dead child

36 for a strene

to make sirrip of

37 Turneps

37 a water for any oulsore sore

38 to make crame cheeses

39 for a consumtion

40 to make spanish crame

40 to make sider

41 to make balme water

41 A good broth

42 Ielly of harts horne

43 for sore eyes

43 a water for pox or ^ mesels

44 for a strene

44 for the whits

44 for a lax

44 a plaster for the colick

45 for a burn or scald

46 for the goute

46 for the whits

47 for the grene sicknes

47 for staying the Cor:

48 oyle of Adders toung

50 to make oring watter

50

51 to make clary water

51 to make mint watter

51 for the morphew

52 for the whits

53 to make rosa solis

54 for scalding

55 for the stone

56 to make marmilate

of quinces Red

56 to make white mar=

57 to dry pippens

57 for the stone

58 to make pippin water

59 Dock Alle

60 A rare broth

61 A water for the face

61 Rowing Cheese

62 the plauge water

64 the oyle of St Ions wort

65 A plaster for sors

66 spleene plaster

67 Canker oyntment

68 Elder wine

1

Good cokerry To boyle a Pigg

Take a fatt pigge when it is sccalded &

well washed brak it & lay it done to the fire

till the scin will pill of when you haue tak=

=ing of the scin Cleue the pigg ouer the back

then cutt it in Ioynts, putt it into water &

wach it clane, then putt it into a pipken but

to it a quart ^ of whit wine & as much water as will

couer it, boyle & scim it & put in sum mace

nutmegs & salt to the tast, then take parcily

halfe a handfull time sweet margream wint=

=ter savery of each. halfe a handfull, minch

these smale & putt them to the pigg put in 2

or 3 grat ounons 6. anchoues wached Couer

it close, Lett all stuw together till you think

the pig be anoufe, whilst the pig is a boyling boyl

sum cabbage lettis dran the water clen from them,

page 2 || page 3

put them to your pig, for a while to

take a way the waterich tast from tham, put

sume sippits in the bottom of the dich you send

it vp in, be carfull to take all the fatt from

the licker & lett ther be noe more licker left

then will dish up your pigg soe put sum of

your lettis be under your pigg & sum aboue it

when you dich it up, putt into your licker

a good peice of butter & the Iuce of a lemon

soe keep it sturing that the butter doe not clarify

soe power the sawse upon ^the pig & sarue it up if

you like the tast of garlick you may put in a

cloue of a littil garlick vinecer

To dress a pigke an other way,

Take a piggkk quick & cutt it into good larg

pecis rub it with salt & put it into veniker

for a quarter of an hower then haue redy

boyling of the fire as much ale with a pint of whit

wine as will couer it to boyle, putt in the pigg

& most of the venneger with a littill mace

hole pepper & a bounch of sweet hearbs, the liuer

& mett & soe lett it boyle till it lie anoufe

then take 2 or 3 sponfulls of the broth & beate

vp your butter with it & six anchoves scrap

into the saws horss reddich with fench brad

in the bottom of the dish, this receate is not for

a pigg but a pike,

To hash a shoulder of veale,

Take a shoulder of whit veall putt it on the

spett take 2 pound of beeufe shuett minch it &

sett it a boyling in a littill water till all the

suett be melted then sett an earthen pan with

a good deall of could water, then take the boyled

suett & strene it into the could water to coulle

it quickly then take the scim from it take it out

of the water & sett the water drene well from it

page 4 || page 5

4

then take time a handfull & strip it &

winter savery & strip it minch these small

with 6 or 7 cloues of garlick then put your

boyled sueett to them, & minch all together

againe, seasson all these with salt nuttmugge

& mace, putt in the youlks of 3 or 4 eggs, work

all together & stufe your veall therwith in

littill hols lay it done to rost bast it with elder

vineger till it be anoufe, you may make a hash

vnder it, of some of the sids of it sliced & putt

in a friing pan with som of the stufing & sum

clriett wine & the yolks of 3 or 4 eggs with

3 or 4 anchoues dissouled, so keep al these stuing

ouer the fire that they doe not cordull put the

hash vnter the veall take to or 3 sweets brads

& sum surashers of bacan, boyle them & lay

them about & over the veall soe squese a lemon

on it & so sarue it vp,

5

To make a biske,

Take the pallets of beefe ouer night & boyl them

uery tender then take of 2 skins of one side & sclice

them, about 3 a clock the next morning putt ouer a

grat many knockles & marrow bons the marrow

being taking out, boyle these till a eleaven a clock

then stren the broth out & couer it, & put to it

your pallets & 6 chickins or piggins & a good

many sweet brads & lams stons cokes comes

oxe eyes & oxe lips & sum chessnuts & an oynon

& a littill of all sorts of spices & sclices of a lemon

& hole lumps of marrow, wipe your dich round

with garlick & soe putt all into your dich

& vpon the meat lay hartichocks bottoms

or fried scrittets or fried oysters according to

the season, a bvnch of sweets hearbs which

I forgott,

page 6 || page 7

6

To pickell mushrums,

ffurst pare them & cutt the gratest of them

in pecis take good store of onyons & garlick

& cutt them small halfe a handfull of time

in one bondall & a handfull of parcily in an

other pondule & the stalks of onyons in another

boundle about 20 cloues beaten smale sume

Lemon pill & a grat quantity of salt halfe

a pint of wine & lett them boyle a quarter

of an houre or more if ther be a grater

quantity, then lett them boyle a littill longer

putt them clean from the licker, & putt

them in a pot close together & couer them with

vinger then take sum clous & strow it on

the top, stop it close vp that noe are gett in

these quantity of ingredants are to be putt

into a handfull of mushrums.

7

To pickell mushreams a better way

Take mushrams pare & cutt them

wash the lettils ones in water & salt

then take a pint of water but as

many mushrams as it will cover

& as much butter as the bignes of

a nutmuge, lett them boyle a quarter

of an hower, then lay them upon

a clane cloth till they be could,

pickill them with halfe white wine

& halfe vinecer; with a littil ging=

=er & holle peper, stop them close

& keepe them for your use,

page 8 || page 9

8

To dress mushrams my

Lord Digbys way,

Take musshrams pick them veyry well

wash them in salt & water 3 or 4 times

then drene them from the water & put

them into a cleane dish, sett them of

the fire & ther will come picke from

them, lett them boyle in that till

they be dry, then putt to them a

littill clared wine & gravi of mutton

& oynon a littill pepper & mase sume

sweet margram & time soe lett them

stew. when they are anoufe, putt in

sume bread crums & sume butter,

& send them up,

(9

to pickle sturgen,

first boyle it very well saltt & watter

with sume dill, then lett it stand till

it be could, & then take 4 quarts

of white wine & 4 quarts of veneger

& 4 quarts of that lickquer it was

boyled in put them all to getther

into a pan giue them one boyle & lett

them stand till they be could, then

putt your sturgen into a close parrill

put your lickquer to it, keep it close

that your lickquer couer it, & it will

keep 7 years; but the best way Is

with the leyes of bere,

To stew a peice of Beefe

which is exsolent meate

Take a roump of Beefe or the peice

next is brisket parboyle it for an houre

or less then put in into a deep disk,

slashing the insind of the beefe that grauy may

page 10 || page 11

10)

roun forth then put pepper betwext

the slashes & fill the dish with claritt

wine to couer the beefe, put in a littill

larg mace couer it close & lett it

boyle in houre & an halfe, turn it

often taking of the fatt, filling it up

with strong broth of wine then

slice in ounyons & a good handfull of

cappers or brone buds sume parsley 6

curled lettes, sume pickled mushrams &

4 anchoues, 3 sponfuls of vengcer &

as much varges, then lett it boyle

till it be very tender, turning it

often least it burn to the dish, slice

sume brown Bread & french bread

& lay att the bottom of the dish,

so sarue it vp:

(10

To bake a Rump of Beefe

Take a Rump of Beefe younge & fatt

boyle it very tender, or lett it be

halfe anoufe, then take it out & stick

it with cloues, shred a handfull of

sweet heabs, as margram time sauury

parsely, minch the hearbs small with 4

yolks of hard eggs, ^ beaten spred them our the

hars beefe, lay it in a stone pipken &

lett it in the ouen, & bake it till it be

tender, but into the grauy that rouns

from it, the fatt being firest taken

of a littill clarrit wine hauing sum

oynouns shred in it, 3 or 4 anchoues

desoulued, slices of french bread

in the bottom of the dish then lay

in the beef & squese in a limmon

upon it

page 12 || page 13

12

To pickell smelts,

cut of there heads & oppen them

take out there gutts & wash them

very cleale, then take soum whit wine

vinecer but a littill fare water to it

& a pritty dealle of salt, but into your

pickell, cloues nuttmugs & one lemmon

cut in slices meate & all, so put in

your smelts, & as much pickell as will

couer them, & keepe them a forthneth

in this pickell before you eate them

when you sarue them up, part them

take out the back bones part them like

anchoues, with oyle & vinecor & a littill

time stript ammongst them,

A frygacey of Chickins

pull them in peices a live and then skine

them, take some good herbs proportionable

to your Chickins as sweet mariurom

time a winter sauery and parslye with

a littele oyion onion or rob the bottom

of the dish with a little garlick, you must cut

the hearbs and onions small, put them i

into a pan with as much water as will

couer the chickens and a little salt

and let them boyle togather at least

a quarter of an hower, then take 2 or

3 yolks of Eggs and beat them with a

little vinger or some lomon, and put them

to the Chickens a little before you

send them up, you may put some

pallets, in that has been very well boyled before

till they ware very tender,

page 14 || page 229

To Dresh mushroomes hott

Take of the uper skine then put

them in a dish without water and

draw there water out with a small

fire a and through it away then stew

them with an onion and butter

and a little Cloues and mace

with a little vinger and boyle them

a good quarter of an hower,

A Beef puding

Take half a pound of suet & a pound of Beef,

2 or 3 sharlots spices & some sweet hearbs

shred these very small severaly then work

all together with 4 or 5 yolks & boyle it

in a cabage leafe,

back outside cover

[ coat of arms ]

spine

head

fore-edge

tail