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E.a.4: Receipt book [manuscript].

front outside cover

front inside cover || front endleaf 1 recto

endleaf front 1 back folio 1 front

Impictas

Impudentia

Indoles

Industria

Infamia

Infantia

Inferi

Infirmitas

Ingenium

Ingratitudo

Inhumanitas

Inimicitiæ

Iniuria

Iniustitiar

Innocentia

Institutio

Insania

Interitus

Inuenta

Inuidia p13

Ipse

Ira

Irrisio

Iudicium 24

Iuris Scientia

Ius

Iusiurandum

Iustitia

L

Labor

Lachrymæ

Lætitia

Leges iura:

Consuetudines

gentium

Legatus

Leuitas

Liberalitas

Liberi 16

Libertas

Libido

Licentia

.. cita

... na

Lis

Locus

Lucrum

Ludus

Luxus

M

Magistratus 41

Magnificentia

Majestas

Mala 22

Maledicentia

Mali

Malitia 30

Medicina

Mediocritas

Meditatio

Memoria

Mendacium

Mens mensis p I

Mercatura

Meretrix

Metallæ

Meteora

Metus

Militia

Miracula

Miseria

Miserecordia

Modestia

Mora

Morbi 37

Mores

Morum grauitas

Mores gentium

veru

Mors et Sepultura 10

Mulier 40

Mundus

Munera

Mutationes

Mutuum.

folio 1 verso || page 1 (folio 2 recto)

N

Natura 15

Naturaleres res

Nauigatio

Necessitas 12

Nobilitas

Nosce teipsum

Noverca

Nouitas

Nox

Numerus

Numina

Nuptiæ et ritus

O

Obedientia

Obsequium

Obliuio

Occasio

Ocium

Oculus

Odium

Officium

Omina

Opinio

Opus

Oracula

Oratio

Ordo

Ornatus

P

Parentis

Parricidium

Passio

Patientia 3

Patria

Paupertas

Pax

Peccatum

Peregrinatio 9

Perfidia

Peiuria

Perseuerentia

Petitio

Pestis

Marget

Makentaish

Marget

hur husban

is a shoulger

as she tells us

P Phylosophia

Pietas

Pictura

Pæna

Penitentia

Poeta et poesis

Politia

Potentia

Potenioribus non adversandum

Præceptores 46

Præsentibus tuendum

Principes 36

Principium

Prodigalitas

Prodigia

Proditio

Promissa

Prosperæ res

Prouidentia 7

Prudentia

Principijs obsta

Pudor

Pudicitia

Pueritia

Pulchritudo

Q

Questiones curiosæ

Quæerelæ

R

Rapina

Ratio 4

Recreatio

Regnum

Religio

Reprehensio

Repugnatio

Repulsa

Respublica

Rhetores

Risus

Robur

Rus Rus

S

Sacerdotes

Constantia

Rectum & immotum animi robur non elati externis

aut fortuitis non depressi vide Lipsius .

To make A Cream Tart

Take to a pynt of Cream aboute 4 yolke

of egs beat them well into the Cream

then take half again of a pound of almonds

blancht and beaten very small with

rose water sett the cream apon the fyr

and keep it stiring till it boyls up

then take it of and stir in the al

monds and sweeten it acording to your

tast with sugar and amber grees then

role outt som puf pest and lay it th

in a dish then putt in the cream and

cover it as you do other tarts cutt

ing the lid

to keep oyle from relaxing

Oyle of sweet Almonds newly drawn with

sugar and alittle little spise spread apon bre

ad tosted is an exsellent nourisher but

to keep it from fryeng in the stomack

you must drink a good draught of mi

lde beer after it and to keep it from

relaxing the stomack to much you

must put in a little powder of sinamon

out of St freshne

page 2 (folio 2 verso) || page 5 (folio 3 recto)

To make marchpents

Take a pound of Almonds blanche them

and beat them very small )and if yow

fear thay will oyle dip your pestle in

Gumdragon being steeped in Rose Watter

and strayned outt) when thay ar beat

take half a pound of sugar and

beat it in by little and little and

beat it outt very well: then putt it

in parchment wafors. and if it

bee clami take a little fine flower

mingled with fine sugar and searce

it over) when you have made it up

when it is half baked ise it over

with rose water and sugar boyle it

up to a candy

it must bee made with

the best sort of almonds

or they will oyle

Ratio

De rebus humanis diuinisque (quatenus tamen, eæ

nos Spectant) verum iudicium et sensus. Lipsius

Opinio huic contraria. De ijsdem futile

iudicium & fallax. Lips ius

for a consumption

..ok Milk warm from the cow with to

littell bags hung in the pott before

you mike it the one of pouder of

mint the other of powder of

roses for they keep the milk

from turning in the stomacke

you must also putt in a littel

sugar and drink a good draugh

t hott it may stay the lee whil

in the stomacke and lett bett

the cup in to which you

milke the cow bee sett in

a bason of hott watter

thatt you may keep it warm

you are These are

page 6 (folio 3 verso) || page 7 (folio 4 recto)

To Make Barly Cream

Take french Barly and wash it

then boyle it in water shifting

the water till it hath left

discouloring of it) then take it

outt of the watter and putt it in

to new milke and so boyle it till

the milke bee boyled away) then

putt it in to a good quantiti of

Cream and almonds blancht: and

beaten uery small and a slip of

mose so lett it boyle halfe an oure

then season it with sugar and

Rose Watter) you must bee sure to

keep it stiring all the while

Virtus.

Virtus media via ingreditur; & caute cauet

nequid in Actionibus suis, defiat, aut excedat: Dirigit

enim se ad vnius rationis trutinam: & illam habet

examinis sui velut normam & obrussam. Lipsius

To Make Siruope of Viollets

Take the Viollets when thay ar

Fresh Gathered and beat them in

A stone Morter strayne them as you

Beat them and putt in a little

Burage watter as you strayne them

to gett outt the ioyse do so to or three

times till you Haue gott outt all the

Ioyse then waye it and take to a po

und of the ioyse toe pounde of dou

ble refyned sugar sett the sugar one

The fyer with to or three spoonfull

of Burage water and melt it by

degrees boyle it to a candy then

Take it frome the fyer and stir

in the Violet ioyse then sett it on

the fyer agayn and stirr it till

it bee ready to boyle then take

it ofe and lett it stan till it

is cold before you putt it up

page 8 (folio 4 verso) || page 9 (folio 5 recto)

to butter egs you must do them with the

gravy of motton breaking the egs in to

it and beating them a litle togather

sett them one a chaffing of coels and

then butter them as you use to do only

you must put in very litle buter

season them with peper and salte

Prouidentia

vide Lipsius capitulum 13

for A Glister

Take two handfulls of

Comon barly and one of

bran boyle them in

Fountayn watter then

strayn it and putt in

a good quantity of hony

then boyle it agayne &

skim it) For a woman

newly brought a bed

A quart of white wine

as much water an ounce

of lichorich bruysed

sweeten this with sugar

candy and drink it

as you pleas

A breakfast to restore

one after being sick

Take the yolke if an egg

new layed an ounce of

oyle of seet almonds

newly extracted put

them in to a litle white

wine or sack sweetned with

sugar candy drink it

bed and sleep after itt

the wholesomest way to

eat Rise is to boyle it

in Almond water

An Hipocras.

Take two parts water

and a thin white wine

mingle these with sugar

and sinamon bruysed

ouer night bruing them

togather and bottel it

up for the next day

To Make Gilleflower

wine

Take what quantity

of sack you pleas and

of the best Clove Gilleflo

wers) cutt them till you

come to the white part

of the leaf as you do for

siruop and stop them

in to the sack in a botle

stop the bottle close and

so lett them stand to soake

till the leaus looke white

and then drink it with

outt takyng outt the Gillefl

owers with fine sugar

you may make it as strong

and as small as you pleas

by the collour

all these i learned in

France

page 10 (folio 5 verso) || page 11 (folio 6 recto)

to make any sort of liquor

boyle withoutt wasting

Couer the pott that you

sett one the fyer with

a dish filled with cold

watter and lett the pott

boyle as fast as it will

it shall not wast butt

the water in the dish

shall wast and thearfore

must bee still tilled upp

For the worms in chilldren

lett them eatt Ruberb in

the pap of rosted aple

in a morning fasting

To make a cream tart

Take as much cream as

you think good and as

many yolks of eggs beat

en as you a use to putt

in a custard sett it one

the fyer and stir it

continually to keep it

from turning when

it boyles up take it

ofe of the fyer and haue

a few Almonds blanched

and beaten extream small

and when you tak it of

of the fyer stir them

in and season it with

Rose water and fine

sugar haue your puf

past ready lade in a

Dish and so putt it in

and couer it with a

lidd cutt it will bee

baked in half an

our and if it bee right

it will bee so thick as

to cutt

To make arise tart

Take a boute tow hand

full of rise and boyle

it in as much water

as will last to boyle

it till it is well plump

then poure it in to a dish

season it with rose water

and sugar and sinamon

then break in the

youlks of half a

Phylosophia

In conuiuio aliquo si assedisses, non bellaria

solum et placentas gustares, credo: sed stomacho

fulcimentum aliquod dares tibi firmioris. in hoc

publico doctrinarum epulo, cur non idem sit?

cur inquam ad illa oratorum et poetarum mella, non

adiungis hanc firmiorem Philosophiæ dapem?

dousen egs and three

taken away beat them

before you putt them

in) mingle them all to

gather and then break

in a good deal of marow

in great bits haue your

puf past ready made

and laye it in dish

then putt the stuf

in and couer it with

a lid cutt in litle hooles

ffor the worms

Take three spoonfulls

of the iuise of lemons

as much safron dryed

and beaten to a fyne

powder as will ly apon

a twopens tyed up in

a litle pees of tifiny

steep in an our in the

iuse before it bee

taken pres out all

the tinctur with

your hand and so put

it three mornings to

gather the same

quantiti of three

spoonfulls and to it a

our ofter it

from my lady sidly

Take of monks rubarb roots and red madder of

each halfe a pound of sena 4 ounces Anise seed and

liqcorice of each tow ounses scabii.ous and Agrimonie

of each one handfull slice the roots of the Rubarb bruse

the Aniseseed and liqcorise cutt the hearbs and put

them in to a barell of 4 gallons of strong ale

to infuse the spase of three or four days

and think then drink it as your

ordinary drink att meals

from mrs Slindon

page 12 (folio 6 verso) || page 13 (folio 7 recto)

To Hash a Calves head/ Mrs Carwarden

Putt the head in watter all nightt then

Boyle itt as usuall, one sid of the head

Hash and the tongue the other Cheeke

Throwgh wett grated bread and putt itt

so near the fire as the bread may be

Crisp then take the yolkes of 4 eggs

Beaten well toss itt with the Hashd

meatt a Little nuttmegg a Little salt

make a Batter with flower and

watter and putt the Brine in itt and

fry them in some hogs Lard very

hott takeing them up by spoonfulls

and Laying them Round the dish

a pound of medling Bacon boyled

and putt in slices round itt some

parsley fryed Crisp in Little heaps

Round aboutt

Mors

Supera, infera respice, grandia, parua

manu facta aut mente, ab omni æuo corru-

unt, et corruent in omne æuum

Atque vt flumina ad mare feruntur, perpe-

ti et prono cursu: si res omnes humanæ

per hunc (vt sic dicam) cladium canalem

labuntur ad suam metam

Quas vita non dat, funus ac cinis dabunt

To preserue wall nuts

Take the wall nuts when

they ar prety bigg only they

must not bee so hard but

that a pinn will easyly pas

through them: boyle them

in watter shifting it toe

or three times: then payre

or scrape ofe the outward

rine & when you haue so done

putt in at ether eand a cloue

and a litle thin stick of

sinamon thrust thoroughg the

midle then haue thear wayte

in sugar boyle to a siruop

so putt then in and let

them boyle till they ar

very tender

page 14 (folio 7 verso) || page 15 (folio 8 recto)

To make spirit of roses

take fresh roses & putt them

in a litle tubb a laye of roses

& a lay of bay salt & so fill the

vesell this will keep them all

the year if you haue a care

togather them uery dry

and thus you may draw them

as you doe other spirits

Tempus

Multa dies variusque Labor mutabilis æui

Rettulit in melius

sugar of roses

Take red rose buds cutt them

to the white and dry them

one a hotte day apon a ledd pound

them and searce them then

take seaven times as much

sugar as roses & wett it with

red rose watter boyle it to a

candy haith and then putt

in your roses and when you take

it ofe the fyer drop it one

plates as you doe other cakes

if you fear it will stick you

may rub your plates with butter

butt it must bee uery litle

page 16 (folio 8 verso) || page 17 (folio 9 recto)

Necessitas

Rerumque remotas

Ingeniosa vias paulatim explorat egestas

Claudian liber 3.

To make iuyce of Liquorish

Take six ounces of scraped eng

lish liquorish cutt it and

bruys it then take two pynts

& a halfe of Isopp water a pynt

& a halfe of coolesfoot watter

and as much of red rose water

putt them to gather then take

two handfull of pickt rosemary

flowers & a handfull of maiden

haire & steep it in thoes

watters 3 or 4 days stiring them

2 or three times a day then

putt it in a skillet & lett it

infuse with a soft fyer two

howers being close couered then

strayne it in to a siluer bason

or skyllet & sett it one the fyer

and when it begins to boyle

put in 10 ounces of white sugar

candy and so lett it boyle

till it thickens then take

page 18 (folio 9 verso) || page 19 (folio 10 recto)

4 graynes of muske and 12 of amber

beeing uery finely beaten

mince mikse it with with

a sponefull or two of the

siruop then when it is

boyle thicke enough to make

a past put in the amber

and lett it iust boyle in

& then take it ofe the

fyer & lett it bee beaten

without entermission till

it come to a uery white

past then role it up in

litle cakes with searst

sugar

to see when tis enouf you

must now and then take

outt sum in a litle dish

and lett it stand toe see

of what thiknes it is

& so does till you see it bee

enouf for if it bee ouer bouled all is lost

Inuidia

Comperit inuidiam supremo fine domandum.

Horace de Hercule

To preserue Oranges

Take of the best oranges and rub them very wel

in white sea salt, then lay them to steep 3 or 4

days in fayr water shifting the watter twise

a day; the night before you preseru them chipp

or pare ofe the outward rine as thin as you can

so lay them in water tell the next day. then

put sum fayre water in a pott ouer the fyer

and when it is scalding hott put in the oranges

and lett them boyle uncouered till the water

growes high coulered then hauing an out

other pot of boyling water ready remoue

them into it & so continu till the oranges

bee uery tender that a straw will go thouro

ugh them then take them up and dry

them in a coarse cloth then make a little

hole in the topp of them and with a bodkin

pick outt the seed cruching the oranges as

litle as you can then make a siuriop to a

pound of oranges take a pound of sugar

a pynt or more of water and when you

haue clarifyd your sirup with the white

of an egg and straynd it put in the

oranges and let them boyle reasonable

page 20 (folio 10 verso) || page 21 (folio 11 recto)

fast keeping them one the side that

the siuriop may go in to them so lett

them boyle till the siuriop iellys then

take a pound of sugar and a pynt

of pipen water and boyle it till it

Iellys then put it in to the oranges

and boyle them to gather till the

siuriop bee thick then take up the

oranges and put them in to a pot

leau them uncouered till thay bee

cold and lett the siuriop stand all

night in a glas and the next day

put it to the oranges and so keep

them this quantity of pipen Ielly

will seru for 3 pound of oranges

From my lady Lloyd

Gratitudo

Qui non est gratus datis, non est

dignus dandis.

Quod si mihi nullum aluid esset officium in

omni vitæ reliquum, nisi vt erga duces, et

principes atque auctores salutis meæ satis

gratus iudicaret: tamen exiguum re-

liquæ vitæ tempus non modo ad referendam

verum etiam ad commemorandam gratiam

mihi relictam putarem. Tullius Oratio post reditum

Nam difficile est non quenquam aliquem

nefas quenquam præterire. idem.

page 22 (folio 11 verso) || page 27 (folio 12 recto)

Liberi

Et quod est in liberis amabilius annis

adhuc innocentibus, et adhuc dimidiata verba

tentantes loquela, ipse offensantis linguæ fragmine,

dulciore.

creams

barly cream. 6.

piramedis cream

191

cream desotuille

224

preserus

Iely of currans .3.

pre cheries3

Iely of rasps 4

pre wallnuts 13

pre oranges 19

pre pippins 87

pre citron 89

dryed cheris 93

pre cornelians 95

marmalet 317

past of Apricock 317

pipin ielly 323

pre grapes 341

apry cakes 173

oring cakes 195

oring cakes 110

page 28 (folio 12 verso) || page 29 (folio 13 recto)

cakes

Almond cakes 82 82

A good cake 84>

naple bisket 85>

good bisket 317>

pistache cakes 317>

to make amber cakes

323

sweet cakes for lynnen

324

litle plum cakes

165

a peck cake 259

to make clear

cakes 338

Almond bisquett

186

scrages

siruops

of violets 7

of giliflowers 86

of white popys

127

of burage 127

one for a cold

siruop of succory 12.

for a cough 153

for a salt ruem 92

of vineager 92

Oculus

Odium omne adjuuant oculi, et hunc

hunc in pectoribus humanis furorem lumina

accendunt: nec leuis animijs accedit

insania, quoties quem execreris, ospicias

..int: Oratiopro Cæco ccul. No. p. 6

pyes & tarts

A cream tart 2

A cream tart 10

A rice tart 11

a carp pye & eel

312

a samon pye 312

a pistache tart

213

a tart of oysters

213

A rie tart 341

pudings & tarts

white hogs pudings

88

marow pudings 341

a boyld pudding

225

page 30 (folio 13 verso) || page 31 (folio 14 recto)

watteres

merabilis water 83

popy watter 109

the good watter 145

the vertuse of it

145

A exelent water

179

a cordiall water

260

the vertus therof

A wallnut watter

283

the plauge water

132

to fastne the teeth

29

a water to cure wound

303

a water to make

one hold ons water

327

pugespurges

A purging ale 11

to purg the mother

a purg for theteeth

t.ets head 123

a purgation with rubarb

125

against melincholy

125

opening pruens 165

Confessio

qui confessum defendit non absolutionem

scelerum petit, set licentiam Quintilianuspro. paupere

declaratio 13

glisters

A good glister 9

for the yellow Iaundis

123

an easy cooling

glister 116

medisins

for a consumtion 5

for the cough & rume

214

an electuary for flehme

233

to stay the flowers

for a kernell in the fase

149

for a child blanes 148

for a scald head 149

for a sore breast 203

for a sore breast 205

for weaknes in the back

29

for a pin in the back

100

for the stone 177

for the stone 199

for the stone & to keep

one from wind in the

side 240

to stay the flux in infants

246

for an ague quartan

to stay the flowers 79

for a sprain 262

page 32 (folio 14 verso) || page 33 (folio 15 recto)

medisins

for the rickets 46

for steightnes of breath

299

for the plauge

198

to stay the whites

22

for old or new wound

203

for one newly deliuered

for one that has

burnt his290

to stay the coming

forth of the matrix

47

for the same 29

for a weak back 292

for a rupture 100

for a rupture 102

for a broken belly

102

to plase the mother

103

for the wind collick 65

to stay the flux

for the wind collick

123

for the collick 123

for the pain in the belly

241

for the strangullion

241

medisins

for the worms 10

for the worms 11

for warts the cramp

or corns 290

for sore eyes 42

for the stone 123

Against melincholy

to purg the mother 103

for the strangury 92

A powder for the teeth

22

for the headache 205

for a woman newly

deliuered 267

for the piles 292

for the same 292

to stay the bleeding

at the nose 203

for the same 298

for the same 298

to cole the liuer

for those that

spit blood 298

Seruus et Seruitus

Non Natura vllis sed Fortuna dominam

dominum dedit Quintilianpro paupere declamatio 13

Nam mitium dominorum apud

seruos ipsa consuetudine metus

exolescit; nouitatibus excitantur ,

probarique dominis per alios magis

quam per seipsos laborant. Pliny epistula. 4.li

made dishes

buterd egs

loyn of veall with

pickle 23

Almond buter 86

to stew pipins

321

stewed oysters

341

french potage

284

egs with snow

212

broaths

& breakfasts

& drinks

A breakfast restoratiue

9

An Hipocras 2

gilleflower wine 2

A scurvigras drink

237

a drink for men: 204

a drink for

a fistula

267

How to preserue Green Figgs

take green figs & boyle em tell thay are

tender shifting the watter often then pell them & put

equall waight of sugar & a pint of watter so

boyle em tell thay Look clear then take em

out, when thay are cold & put the syrup

to them againe and a bout a fornight

or 3 weeks after when you se em being to

to froth boyle em againe and put them

up you must green

them in a brass skilet

page 34 (folio 15 verso) || page 35 (folio 16 recto)

sundry ode

medesine &

other things

to keep oyle of Allmonds

from relaxing: 2

To make marchpens

2

how to eat rise

to boyle water 9

without wasting

Ioyse of liquorish

17

comato 345

rasp sugar 90

loseanges of roses

299

egs with snow

to keep letis

314

to keep hartychok

314

to keep buter

314

to prepare mush

rums317v

hollow leaus

pomato 48

harthorn Ielly 141

pufs with curd

271

sugar of roses 15

to keep spargg ..

red beets &

green peas 315

how to make soap

68

Crimen

Duo in omne crimine spectanda

Sunt Animum et Euentum Qu intilian declamatio 13.

spirits

spirit of roses

14

of mints 75

ballsoms

the lady roper s

ballsom

285

oyntments & oyles

the green oyntment

the vertues 54

oyle of roses 153

oyle of Hiepericon

201

How to preserue Green Codlings

take Codlings when that are a

bout the bidness of wallnuts boyle

them that you may iust peele them

then putt them in to the sam watter

to Green them & afterwards order

them as you doe your figs only boyle

them more carefully because thay

are app to breke

page 36 (folio 16 verso) || page 37 (folio 17 recto)

saues & plaisteres

Sir knoles his plaister

205

mrs longs sear cloath

258

the flower of salues

250

a drench for

a hors that has

a cold 1-307

To Make the Indain dish

Take a handfull of Clary 12 eggs young

onions 4 anchouies the yolks of 4 eggs

.ld heaod & shred small worke these up in a

peice of Butter & put it into the belly of a Good

fowle sow it up Close at both ends

than boyle the Fowle tell you think itboyled enough then take it up & take

a pound of fresh butter & brown it well

in a stew pan or frying pan then

put in your fowle & let it brown in your

pan uery well than take it up

and melt a pound of Butter uery

thick with a Little Cetchup in it

power your swace over

your Fowle & serue

it in

Malum

Magis offendit graueolentia insuetos

insalubribus cænosisque paludibus nec tam

acriter mordent ea mala quibus in lucem

prodeuntes stipamur tanque naturali satellitio

quam quæ florentem intactamque vitam

effligunt. Euphormio Satyricon p 2

Nullum magnum malum quod

extremum est Seneca Epistula 4.

page 38 (folio 17 verso) || page 39 (folio 18 recto)

To Make Fryed Cream

Take a pint of Cream and a pint of milk

put half your milk and Cream into a sauce

pan with a bout 3 quarters of Cinnamon take

another sauce pan about 3 quarters of a

pound of flower in it, break 8 egs leaue

out 6 whits Grate in a little nutmeg

grate in the Rind of a Lemmon, put in som

fine suger a little salt, put in most

of your cream and milk left aforesaid and

beat it with a large whisk to a batter

when your milk aforesaid boyles then pour

in your Batter stiring it all the while and

worke it well with your wisk tell it coms

to be perfect past that it will leaue

your sauce pan then flower the back of the dish

and spread it with a knife about one

inch & a halfe thick and let it stand tell it

be cold then cut in long pieces about 3 inches

broad so cut em dimond Fashion ouer the fire

allmost as hot as for fish fry about 12 peices

at a time & let em be fine & brown so dish up,

Grate some Lofe suger ouer em to send em away

Consilium

Consilia rebus aptantur res nostræ

feruntur; et voluuntur. Ergo consilium

sub die nasci debit: & hoc quoque

tardum est nimis: sub manu, quod

aiunt, nascatur. Seneca Epistula 71.

To Make Almond Puddings

Take three quarters of Almonds and

Blanch them & beat them as ^ much as you can

with as much Rose watter as you shall

think fitt by the Last about half a pint

will serue and you must putt in som in

the beating to keep them from oyling

them take three quarters of a pound

of sugar or some what more halfe

An ounce of mace Beaten 6 eggs

whits and all 2 pound of beife suet

and a pint of Creame eight manchet

Grated, a nut megg or two Grated

mingle all these to gather & soe

fill them your puddinges: Roses, makeing

them in Bigness as you please and

soe boyle them

page 40 (folio 18 verso) || page 41 (folio 19 recto)

Ielly of Hartshorn Mrs Hilard

way

Take a pound of Hartshorn & boyle it

in five qurts of watter untell itt coms

to three pints then straine it through

a sieve to let it stand tell it be cod

According to the strenth you may take more

or Less of the Following Ingredients

First take your stock of Ielly & put it

In a skillet or pipkin with a pound of

fine Loaff shugar & set it ouer a the

fire of Charcoale, when it begins

to boyle, put in a pint or more of

Rhenish wine then take 6 or 8

whits of eggs beaten very will with 3

or 4 spoonfulls of Rose watter and

put in to the Ielly take 2 grains

of Amber one graine of musk and

24

19

Iudicium

Quadam rectissim a cum in

aquam demissa sunt specia

curui praefractigs visentibus reddunt

non dantu quid vileas, sedquem ad modum

refert. Sen. Epist. 71.

and put thise to, so let it boyle

q quarter of an hour but not to

violent put in three or 4 spoon

fulls of Cinnamon watter withs

the iuce of seven or eight lemmons

Boyle it one warme more and run

it very hott through your Ielly bag

this done run it againe as cool &

softly as you can In to your Glases

and potts

To Make sherbett

take a pint of strawbery or

Raseberys or both mixt or as much

as you can untell you haue a pint

of Liquor squeeze them through a

a course cloth mixt it with with

.entle refined shugar as you haue

done your Cream the same way it will ...ne

to Ice,

page 42 (folio 19 verso) || page 43 (folio 20 recto)

To Make a Seed Cake Mrs Hilard

Take A pound of flower 10 eggs half the

whits beat em very well than take a

wine pint of Creame pound & a quarter

of Butter, put the Butter in to the creame

let it stand ovr the fire tell it boyls up

sturr it tell is all most cold then put it

the eggs & wind pint of east a quarter

a pound of sugar stur it all well togather

make a hoal in the midle of the flower & let

it stand half an hour then take 2 pd & a

half of Caraways comforts drye em in

a pewter dish over som coals when you

haue well stird the other things togather

stur in the caraway, comforts by degrees

a quarter of an ounce of Cin^namon and haf

much mace 3 Ounce of Citron 3 ounces

of Orang peal sliced then buter the hup well

put itt in to a hott oven & let it stand an hour

25

Sapientia

Sapiens stat rectus sub

quolibet pondere.

Ex duabus partibus est compositus

Altera est irrationalis: hæc

mordetur, vritur, dolet Altera

rationalis; haec inconcussas opini-

ones habet intrepida est, et

indomito. Seneca Epistula 71

In se reconditur secum est.

Sen ep 9

Secontentus est sapiens ad

beate viuendthm non ad viuendum

Sapientem nulla re indigere, et

tamen multis illi rebus opus esse.

Seneca epistula 9.

Vt enim de pictore, de Sculptore

fictore nisi artifex iudicare

ita nisi sapiens non potest

perspicere sapientem . Plinius liber epistularum 10

22020

tally marks 20

page 44 (folio 20 verso) || page 45 (folio 21 recto)

To Make Small Cakes Mrs Hilard

way

Take a pound of flower a pound of Butter

a pound of Suger 8 eggs well beaten

a spoonfull or 2 of Orange flower watter

and mingle all these togather with a spoon

in a Large Bason and beat it with the

bowle of the spoon for an hour or more

till it works very Light then you may

add Curr5ants to it if you please & put

it into small pans & scrape suger

on them & Bake them in a quick

Oven less than half an hour Bakes

them, let the pans be Buttered before

putt the Cakes in let the flower

be dryed by the fire to make

the Cakes the Lighter

tis the best way not to Butter the pans

Dolor

vide similitudinem. Sde Athleta

Seneca epistula 13.

Quædam nos magis torquent quam

debeant: quædam ante torquent quam

debeant, quædam torquent cum

omnino non debent. aut augemus

dolorem, aut fingimus, aut præcipimus.

idem.

Nihil tam certum est ex his quæ

timentur: vt non certius sit, et

formidata subsidere, et sperata

decipere. idem.

memento adhibere solatium non

quasi castigatorium et nimis forte, sed molle

et humanum. Vt enim crudum adhuc

vulnus medentium manus reformidat

deinde patitur, atque vltro requirit: sic

recens animi dolor consolationes reijcit

ac refugit, mox desiderat et clementer

admotis acquiescit. Plinius e. l. epistula 16.

To Candy Angelicoe, Orang, or Lemon

Boyle em in three Severall waters tell thay

are tender but you must put a Little Sugar

& a little roch allim in the Last watter you boyle

the Angelicoe in, and take it of the fire

and Cover it Close tell it be Green

you must not boyle but in 2 watters

a pound of Sugar to a pint of orange

Lemmon & Angelicoe

To make a Custard the best way

Take on quart of

milke on pint of

Creame 14 eggs 2 or

three Spoonfulls of

sack a Little Rose

watter 6 Ounces

of Shugar so put

them in your Cups

page 46 (folio 21 verso) || page 47 (folio 22 recto)

for the rickets

Take currans & reasons of the sunn stoned

of each a handfull maidenhayre yarrow & speedwell

otherwais called pauls betony of each a handful

half a handfull of dragon leaus a good quantitie

of liuerwort vine leaus and hartstonge one

handfull of anyseeds a prety quantiti

of liquorish boyle all thees in a potle

of ale to a quart then strayn it &

drink thearof in a morning & an howerafter meales

Morbi

Innumerabilis esse morbos

miraris? coquos numera.

Seneca Epistula 95

To help & stay the coming

forth of the matrix

Take ether the leaus or buds of acorns or cups

of accornes themselus seeth them in redd

wine with rosemary and sitt ouer the

fume of it uery hott & drink the same

infusion strayned with sugar & sinamon

& take it morning & euening fasting

To make pomato

Take the marrow of an oxe soake it a week

in running watter shifting it euery day

then take it clean from the water and

put it in a glas & melt it in a skillet

as much parmacitty to it as you please and

beat it til it is cold

page 48 (folio 22 verso) || page 53 (folio 23 recto)

Malitia

Quod pessimum ex illa est

et (vt ita dicam) spississimum

domi remanet, et premit ha-

bentem, quemadmodum Attalus

noster dicere solebat Malitia

ipsa maximam partem veneni sui

bibit Seneca epistula 81

Stufe for the worms For Little Master

On pound of Preuns & put whon

Dram of Ruburb & two Drams of sena

6 pruens his enough ^ to take on morning

for three mornings togather, fasting

page 54 (folio 23 verso) || page 55 (folio 24 recto)

To make the green oyntment

Take of sage & of rewe of each

of them a pound of wormwood &

of bay leave of each of them half

a pound of mellilot hearb

of flower of camemill of the

flower of speek of rosemary

of red rose leavs of St Iohns

woort of Dill of each of thees

one good handfull of marchmallows

chopt as small as may bee &

stamped as small as may bee

weigh them what they weigh

put thearunto the like

weight of pure sheeps suet

chop it as small as may bee

mingle the hearbes & it togather

& stamp it in a stone morter

to one substan so that there

bee no suett seen but all green

put it in to a pott or pan

put thearunto a sweet oyle

of olives a potle & a pint oto

worke togather in a pan

Timor

Desines timere si sperare

desieris Seneca epistula 5.

with your hands & couer it close

with sum clay or past about

the edges that no ayre get in

let it stand so seauen days

the seauen days ended undo it

& take it forth & put it in

an other pan set it one a soft

sweet fyer all ways stiring it

till the leavs begin to wax

parched & then strain it

& haue ready thees oyles

folowing of roses of comomile

of white lylys, of spicke of

violets of each of thees one

ounce thees must only bee

melted ^ stired in it & if you will

haue it smell the pleasanteryou must put in gum laudanum

i ounce & a half bruysed fine to

powder & of storax cremette

3 quarters of an ounce beat fine

to powder thees must bee

melted in it and put in

it but not boyled

55

page 56 (folio 24 verso) || page 57 (folio 25 recto)

The vertues of the green

oyntment

it is good against stiches bruses

aches palsie shrinking of the

sinews gouts siaticas ach of the

back lamenes: plurisi cough

the soales of the feet being

anoynted: for the extream

payne of the head coming by

cold make a cap for the crown

of linen cloath & lay in it

thethe wool of a quick sheep

pluckt from the flanks and

cods take ofe the filthenes

and pick out all the moths

& card it then wett it

with this oyntment & so bast

it in to the capp & lay it

warm to the head it is allso

good for the collick & for the

spleen & for the cold dropsi of

the liuer

32.

Amicitia

Si vis amari ama

Iucundius est amicum facere

quam habere. quomodo artifici iu-

cundius est pingere quam pirxisse

Seneca epistula 9:

In quid amicum paro? pro quo

mori possim vt habeam quem

in exilium sequar, cujus me

morti opponam et impendam.

idem.

Non dubie habet aliquid simile

amicitiæ, affectus amantium.

poscis dicere illam esse insanam

amicitiam. idem.

Errat ille, qui amicum quærit

in atrio, in conuiuio probat

Fidelem si putaueris facies: Na

Nam multi fallere docuerent dum

timent falli: Et alijs uis peccandi

suspicando fecerunt

Seneca epistula 3.

page 58 (folio 25 verso) || page 59 (folio 26 recto)

To Make Reison Wine

in Lady Spencers way

Take 2lb of Raisons of the Sun shred,

one pound of shugar the Iuce of two

Lemmons, one peel, put them in an

earthen Pott with a Cover, then take

2 gallons of water & let it boyle half

an hour then power it boyling hot into

the Pott & couer it close for three or 4

daies stirring it euery day twise then

straine it and put it into bottles stopping

it very Close and in 2 or three weeks it

will be fitt to drink, if it be in the

time of the year you may put in

Cowslip fflowers which makes it very

pleasant, you may put in 2 quarts more

of water to the Ingrediencies which will be

Good but not so good as the first

A Spanish Cream talkd off so:

much at Court.

Skall, the morning milk and set some

in Pans as you do for Clouded Cream

then Scum it off very thick & beat it with

a Ladle till it grows thick then cent it

with Amber or Orang fflower water and

sweeten it with Double refined shugar the^ n put it into a Cheny dish

or Cheny Cupps.

34

V

c

ho

tu

A fine PuddingTake the yolks of five eggs and 2

whites beat them very well with New

milk then put in half an Nutmeag

grated, Salt and rosewater put in your

fflower and beat it to the thickness of

Biskett melt 3 quarters of a lb of Butter

and Stirr in it then put some shugar

in it put it in your Dish and bake it if

you will you may put in raison and

Currants.

An Almond Pudding

Take half a Pound of Blanch

sweet Almonds, half a penny loaf put it

into a pint of Cream, when tis soaked, then

take the Almonds and bread & beat them

in a Mortar by degrees with some rose

water & shugar and the yolks of three

3

page 60 (folio 26 verso) || page 61 (folio 27 recto)

or four Eggs beaten first well with

rosewater then put in some Marrow

or else two or three peices of butter

broke into it, so couer the bottom &

sides of the dish with puffe past then

put in your stuff and so bake it

strew shugar upon it & serve into

your Table.

To make orange Tarts.

Take 2 oranges & grate

off the out rinde then pill off the white

rinde and take out the seeds and then

bruse all the meat and grated rinde in

a Mortar with half a pound of shugar

then take 8 Eggs and only six of the

whites beat the eggs well and mix

them with the oranges and so put

them into Tarts.

34

Beneficentia

Omnium quidem beneficiorum

quæ merentibus tribuuntur

non ad ipsos gaudium magis quam

ad similes redundat Plinius panegyricus Trajano

Est enim ita natura comparatum vt

antiquiora beneficia subvertas, nisi illa

posterioribus cumules Plinius 3.l. epistula 4.

To Make Barberry Cakes.

Take a pint of water and agood quantity

of Pippins pared and Cored, slice them

in and boyle them tell all the goodness

is out then strain it and put about a

pint of Bayberries or more picked from the

stalkes as many as will colour it well

let them boyle in that liquor till it is

of a good Colour then straine it and take

the weight in shugar, put it into the liquor

let it melt but not Boyle then glass it and

set it into a stove.

Goosberry wine mrs Parretts way

Take for euery 3 pound of Fruit a pound

of shugar and a quart of Water, bruise

the ffruite in a stone Mortar, steep it

2 or three houres in the water then let

the

page 62 (folio 27 verso) || page 63 (folio 28 recto)

Clear liquor run off through a haire

sive Tun it up into aBarrell let the

vessell be full put in the quantity of

shugar & stir it well after the shugar

is in untill you think the shugar

is all Dissolued, then close it with

paper & bung it till it hath done

working and stop it up Close let it

stand aMonth before it be bottled put

in a lump of shugar into euery Bottle

To Make Raisons Wine, Lord Lovelasse s way .

Take 4 Gallons of spring water &

six pound of s course ^ Lofe shugar and

Boyle them half an hour and scum

it well boyle in it the rine of two

large Lemmons and when its all

most cold put in a pound and half

of Raisons of the sun stoned next

morning squees in it the Iuce of 6.

large Lemmons Cover it close, but

first put in it 2 spoonfulls of good ale

yeast, let it stand 6 dayes then

Bottle it out, it must stand in a large

Earthen Pott with Tapp in it.

35

Fraus

Singuli enim decipere et decipi

possunt: nemo omnes neminem

omnes fefellerunt. Plinius panegyricus Trajano .

Nunque deceptus est princeps, nisi

qui prius ipse decepit. idem.

To Souce Piggeons. Like

Puffins

Pull them and take out the bones at

the vent, season them very high with

peper, Mace, Cloues & salt, then ty up

the necks with a thred, boyle them in

half water the other half wine & half

viniger and the Bones with a bunch

of time, & winter Savary & alittle

seasonning when they be tender take

them up & strain the Broath, boyle

the Broth with alittle white wine,

with it make enough to Cover them

take of the fat when its Cold, put

them in & Cover them Close.

page 64 (folio 28 verso) || page 65 (folio 29 recto)

A perserve to make Marmalatt,

of Cherrys with a little Shugar

Take a pound of fine shugar beaten

take 4 pound of Cherries pull of the stalkes

and stone them then take half a

pound of shuger wet it with some of

the Iuce of the Cherrys boyld in a

Tankard by it, then put all the Cherrys

in it, boyle them up as fast as you can,

throwing in the other half pound of

shugar as they boyle, when the sirupp

hangs to the spoon put it into your Glasses

To make Rasberry Wine

Take 2 Gallon of Rasps &

three Gallons of water boyle the water

and 12 lb of shugar as you do for the other

Wine and power it hot off the fire

upon the Rasberys and let it stand

4 or 5 dayes in a Pot and the strain

it through a haire sive, and put it

into a vessell and when it is fine

bottle it off

37

Vulgus

Nulla magis omnibus displicent quam

quæ sic fiunt tamquam omnibus placeant.

Plinius panegyricus Trajano

Nam quod ad populum pertinet

semper dignitatis iniquus iudex est

qui aut inuidet aut fauet Tullius Oratio

pro Cnæo Plancio

for the wind collick

drink bay berys bruysed & put

into your beer luke warm

For an Eye hurt or Sore

mr Mildmays .

Take Burnt Almone, twise burnt

to ashes and mix it with live Hony

According to your discretion and with

it Annoint the Hurt, and 5 or 6

times Annointing will effect the

cure.

page 66 (folio 29 verso) || page 67 (folio 30 recto)

A good powder for the Wind the Lady Stonhouse s

Take Carroway seeds, annyseeds, sweet fennill

seeds, Coliander seeds, white ginger, and orrange

Pills, of each one ounce, make all these into A

very fine powder severally, then mix them

together, with some sugar if you please, then

Take as much of this pouder as will ly on

a shilling, in a spoonfull of sack, and drinke

a little sack after it, night and morning

keepe the pouder very Close/

A good vsefull Salve

Take Bees wax Castle Sope frankinscence

of each two penny worth Slice them all very

thin--, then put them into a Skillet, then put in half

a pint of sweet Oyl and set it over the fire

keeping stirring vntill it bee melted, then

it's enough/

To make some of it mor-

drawing to half this quantity as much

Vennis Turpentine as a walnutt and keepe

it for your vse/

38

Coniugum

Idem estis inuicem quo fuistis

probatis ex æquo nihilque vobis

fælicitas addidit, nisi quod scire

c&#339;pistis quam bene vterque vestrum

felicitatem ferat. Plinius panegyricus Trajano

To make a Salve for all

manner of Sores, and an

Excellent Searcloth called

the Black Plaister

videlicet

Take a pint of Oyl oilve and half a pound of red Lead

boyle them together and stirr them with astick con=

tinually till it be Black & Smoak, then drop alittle

upon the side of a Dish when its Cold, If it com's

clean from the dish side it is enough, then take

it from the fire, and put into it two Ounces of

red soap wax & Rosin by little & little, and stir it till

it be all melted, then set it on the fire againe, &

stir it till it be ready to boyle, let the froth be all

settled down againe, then dipp in your Cloaths one by

one, and hold them ouer the Skillet, as long as

any will come off, Stretch them abroad with your

hand and dip your fingers in the Oyle.

The Vertues of this Searcloth

It is good for a New

would that Bleedeth or any old wound, to stanch Blood

or any Bruise or ach, Burning or Gout or riseing

Kibbs, to keep them from Breaking, or to heal them when

they are broaken. To make them in Roles let it

stand till it be Cold, the fire must not flame all the while

it is boyling, when it begins to rise, as it will at first

setting on, take it off & stir it till it be Cold, then set it

on againe take care of the Fire, for if one spart get

to it, will consume all. and cannot be Quenched

page 68 (folio 30 verso) || page 69 (folio 31 recto)

To make soap

Take seaven bushells of Ashes & one bushel of new

vnslackt lime laye the ashes as you do meall for

making bread & putt the lime in the middst as you

do the leauen then power 2 or 3 pailes of watter

apon the lime & couer it round with the ashes

24 howres: then lett a labourer which useth

to make morter beat it with watter till it coms

to the same temper as morter afterwards put it

in to a tubb with a tap at the bottome and

a mer behind the tap like a meashing tubb

then put to it thirty pailes of water & so

lett it stand 3 days & then let it runn out

at the tap hole by drops & when all the lye

is dropt out: take to euery 2 gallons of that

lye 6 pound of tallow well fryed up in a cake

30

Vxor

Eadem quam modica cultu?

quam parca comitatu? quam ciuilis

incessu, mariti hoc opus, qui

ita imbuit, ita instituit. nam

vxori sufficit obsequij gloria

Plinius panegyricus Trojano

lett this lye boyle 4 howers &

euery quarter of an hower weatt it

with a quart of cold ly as you

doe wild curdes then take it from

the fyer & when it is cold take the

tallow out of the lye and put it in to

freah ly and doe as you did before

& when it hath boyld 4 howers again

put in half a bushell of white salt

& lett it boyle half an hower longer

Then take it ofe the fyer & layeng

ofe the soap with a bottom of a tubb skimm

and powre it one the cloath throwing apon

it sum watter steeped with indicoe which

giue it blew veins) & when it is all skimed out

& strayned let it bee cold & cutt it in weages with a wyer

page 70 (folio 31 verso) || page 71 (folio 32 recto)

A Receipt to make the Black Salve

good for a Bruise

mrs Philps way

Take a pound of Redlead 2 ounces of

venice Turpentine 4 ounces of Bees

wax, half an ounce of Camphire

as much Rosen as awalnut, 1 quart of

sallet oyle put the oyle into the skillet

and then the Turpentine & Red Lead

and the Rosin and the Bees Wax, Cut

the Bees wax into small peices set it

ouer the ffire, Let it boyl till it will

spread on the Bottom of a Plate with

your ffinger, beat the Camphire into

Powder and put it in when the salve

is almost boyled, you must stir the salve

all the while its ouer the ffire make it

up in Roles the same way as the

other.

40

Mulier

Quid enim laudabilius faeminis

quam si verum honorem non in

splendore titulorum sed in iu

diciis hominum reponant. Plinius panegyricus Trajano .

mrs Philps Receit.

A Receipt to make the salve that is

good for a Burn to be spread only upon

paper laid upon ahott ffyer shovell

Take 3 Pound of Rosin 3 Quarters of a

pound of bees Wax, 6 peniworth of venice

Turpentine 4 Spoonfulls of fresh Hoggs

grease, put your Hoggs grease first into

a Pot or Brass skillet beat the Rosin

and after the Bees Wax wery well, It will

require a great deal of Labour to beat

the bees wax fine enough, when they are

beat small enough put in the Rosin

and bees wax by degrees when its Melted

all take it off from the fire then put

the Turpentine in set it on the ffire

againe & when it Boyles up, power

it into a Pail of Watter, and make it

up in Roles for your use

page 72 (folio 32 verso) || page 73 (folio 33 recto)

The kernell of a peach eaten

is good for an ill breath

good for the eys

take lapis caliminaris & heat it

red hott in the fyer & quench it

in white wine do so oftne &

then stop it close in a glas

hauing first straind it & keep

it to wash the eyes

for a pinn & web in the

eye

Take 19 crops of seeded netles

as much of daysis & a peese

of wheat leauen a litle

smalledg & a litle bay salt

stamp them alltogather

and lay them round the wrist

one the contrary side

41

Magistratus

Eundem locum laboris et

curæ quem reverentiæ dig-

nitatisque teneamus Plinius panegyricus Trajano

loin of veal withw pickel

beat it well & lard it with great lard

pickel it with vineger peper salt spise

cloue leman oreng oynion & rosemary

or sage atter that spitt it & rost it

& bast it with the sawse untill it bee

rosted when it is rostet stoue it

in the sawse which you must thickne

with chipings or clean flower & llay

it with broath & shall garnish your

dish with mushrums beat pallets or

sparegus then seru

Major Mildmays.

Black Salve

Sallet oyle, one Pint, red Lead 8 Ounces,

virgins wax Pompiliam, of each 4

ounces, oyle of Roses & oyle of Camomell

of Each one ounce, Boyle these till they

look Black, then Role them for your use, it

will keep long

page 74 (folio 33 verso) || page 75 (folio 34 recto)

Mrs Albyn s Way

To a pound of orange Flowers you must

take a pound & halfg of Doublerefined sugar,

you must steep your Flowers one Day in

water, and then take them and put them

into some fresh Water iust enough to

Cover them & part of the sugar, and put

them upon a gentle Fire & just let them

Boyle, you must doe them in Silver, &

then take them of & cover them very Close,

and too or three times a Day a put them upon

the ffire & do them very gently & strew

by Degrees the rest of your sugar, and when

you find your flower look clear & that

you have apretty thick sirup they are Enough

With the flower Water that you steep your

flower use to take some Double refined

sugar and Iust wet it in that Water

and make Dripin pans of Cards, and

boyl your sugar to a Candy, & then

put them into the Cards & they make

very pretty Cakes.

42

Gloria

Sequi enim gloria non appeti

debet: nec si casu aliquo non

sequatur, idcirco quod gloria

non meruit, minus pulchrum

est, si vero qui benefacta sua

verbis adornant, non ideo

praedicare, quia fecerint, sed

ut prædicare^ nt tur fecisse

creduntur. Plinius 1 liber Epistula 8.

To make spirit of mince

Take a potle of rains water

& putt into it dryed speer

mince as much as you can

thrust in and so lett it stand

three or four days close couered

then putt it in a glas still

and so still it gently thear

will come a pynt that will bee

uery strong then take of the

best spirit of wine that may

bee had & putt in as much of

it to the spirit of mince as

to your owne tast will make it strong

enough then putt in as much

fine sugar beaten as vill make

it pleasant and so mingle

it well to gather till the sugar

bee melted then put it in to a

glas and hang in it a litle amber

grece & pearle

page 76 (folio 34 verso) || page 77 (folio 35 recto)

Mrs Lisle Way.

To Pickle Cucumbers.&nbsp;

Gather them dry, and wipe them Clean

and put them into aPot then take as

much vinigar as will Couer them put

in as much Cloves peper and genger

as you like to tast of it; If small

Cucumbers you must put in some ffennell

seed and Dillseed, if very large leave out

the dill & Fennell & put in some Mustard

seed & garlick or shallotts which you like

best, alittle of each will do, put all the

seeds & spice into the Pott with the

Cucumbers and Boyle up the vinigar,

then put in ahandfull of salt, &

power it Boyleing hot on them for 4-

daies together, and when they begin

to Mother, New boyle the Pickle &

& power it hot on them, keep them

very Close Covered and they will serve

the whole year round.

43

Auditus

Nam vt in cæteris rebus,

ita in audiendi officio perit

gratia si reposcatur Plinius 1 liber epistula 13

page 78 (folio 35 verso) || page 79 (folio 36 recto)

for the coming forth of

the matrix

Take of the best red wine one

pint of a good quantite of

rosemary & boyle it to gather

then take cinamon cloues mase

& nutmegs of each like quantiti

beaten to fine powder then

make litle bags of lawn &

fill them with the foresaid

powders & then boyle them

in the wine untill it bee boyld

halfe a way then bath your

body therwith, & aply the

bags to the greif as hott as

may bee suffered trusing up

the body with a double cloath

so close as may bee

14

Honor

solicitius custodiendus est

honor, in quo etiam bene

ficium amici tuendum est

Plinius 1 liber epistula 19

To stop the flowers in

weomen

Take a nutmeg cut ofe the top

pik out a great deal of the meat

fil it up with salt then rost it

in embers & beat it to powder

take a quart of new milke

quench if downe as it boyles with

half a pint of red rose watter

then take then crum of a peny

manchet dry it in slices by the

fier then crumble it small

to the powder & put it in to

the milke & sweeten it with

sugar of roses & let the party

drink it oftne

page 80 (folio 36 verso) || page 81 (folio 37 recto)

45.

Fortuna

Etenim est gravius spoliari fortunis,

quam non augeri dignitate Tulliuspro Plancio

page 82 (folio 37 verso) || page 83 (folio 38 recto)

To make Almond cakes or with

pistaches

Take a pound of the best iordane

Almonds blancht in cold watter

& beaten very small with sum

watter put in to keep them from

oyling then putt them to a pound

of double refined sugar searced

& so mix them to gather

& sett it over the fier in a

bason and lett it bee throug itt

hott then take it ofe & stir

it till it is cold/ then take

the whites of six new layd

egs & two sponfulls of fine

flowers & beat them to a

froath & skim it of & put

it to the Almonds then drop

them one buttered plates &

bake them & when they ar

allmost enough raise them

from the plates with a knife

& sett them in again to dry

46

Præceptores

Nihil ex hoc viro filius tuus audiet,

nisi profuturum: nihil discet quod

nescisse rectius fuerit.

Trade eum præceptori a quo mores

primum mox eloquentiam discat,

quæ male sine moribus discitur.

Plinius 3: liber epistula 3.

To make mirabilis watter

Take galingall cloues quibebes

ginger cardimond mase nutmegg

mellilot of each a dram the iuyse

of salendine halfe a pinte

of aquauita one pynte mixe

them alltogater your spics

being bruised then put to them

three pynts of the best white

wine stir them all togather &

so lett them stand all night

& then distill them in a glass

still you may if you pleas

add to it the watter of cowslips

& burage flowers & rosemary flower

or what other heorb or flower

you like but the flowers of

lyly of the valley ar uery good

in it

page 84 (folio 38 verso) || page 85 (folio 39 recto)

To make a very good cake

To half a pecke of fine

flouer take a pynte of the best

ale eyste & take the better half of the

flouer and knead it as you do the manchet

with milk and salt make it very tender

and lett it ly by the fire till it rise so

that it bee all full of Cracells on the

top then take 2 pound and a quarter of

melted butter) and a quarter of an ounce

of beaten mase one nutmeg one ounce

of caraway seeds 3 quarter of a pound of

sugar then putt in the melted butter

in to the past and mingle it in with

the remaynder of the flouer then

putt in the spisses and the sugar

then take 5 pound of currans redy

pikt and washed strowe them in

and pull the do all in littell bits then

knead it a littell and mold it up you

must bee sure to haue your spises sugar

and your currans thouroly dried

upon the fier befoer you putt them

in

To make naple bisket

Take a pound o fine flouer dri

it in an ouen and keep it couered

for loosing the colour then take a

pound and 2 ounces of double refined

sugar beaten and searsed: then take

oi new layed egs 5 of the whiets

taken away putt to thees egs a sponfull

of rose watter and 6 sponfulls of

scalded cream putt it all in an earthen

pipkin first putt in you sugar and let

it desolu by beating it with your egs

then putt in the flouer by littel and

littel and beat it well to gather an

ouer att the least then take an ounce

of sweet anyseeds beat them in a littel

in then haue your plates redy buttered

and putt the batter in and so bake

it)

page 86 (folio 39 verso) || page 87 (folio 40 recto)

To make siruop of gilliflouers

Take ^ a pynt of runing watter boyle it and

as it boyles putt in your a pecke gillfloures

as many as the watter will couer then

put it in to an earthen pipkin &

lett it stand in sum warm plase &

stur in sum sugar euery day till you

find it bee a siruppe the finer

your sugar is the better

You must putt 2 pound of sugar

To make almun butter

Take a quart of the best cream

and 6 egs the whiets taken away

beat them very well then take a quarter

of a pound of almonds blanch them

and beat them very well putt in a

littek rose watter as you beat them

to keep them from oylling then

strayn them with your egs in to

the cream befoer you sett it one

the fire then set it one the fire

and neuer leau stiring it till it

boyle then let it cole a littel

and put it in to a canuas Cloath

and hang it up till it bee cold and

all the whay bee out then putt it

in to a dish and with the backe

of a ladle bruise all the knobs

then seson it with sugar and rose

watter

To preseru pipens the best way

Take your pipens and cutt them in quartters

then cutt out the coares and payre

them in to fayre runing watter then way

the pipens and take to a pound of

them a pound and a half of double

refined sugar then putt the sugar

in to a pint of watter and set it

upon the fire and when the skum

riseth skim it, and put in your pipens

boyle them with a quicke fier and

when thay loke clear take them

up and putt them in to a dich and

drain all the sirruope frome them

then sett the siruope upon the fire

again and when it is all most

boyled squees in the iuse of 2 or

3 lemons then strayne the sirruop

upon the pipens and so putt them

up you must befoer you put them

in to the glasses haue your

green lemon peels redy in the

glasses the lemon peels must

bee first boyled in to or three

watters till thay bee very tender

and then boyle them in a siruop

befoer you putt them in

page 88 (folio 40 verso) || page 89 (folio 41 recto)

To make whiet puddings

Take to a pint and a half of

oatmeale 2 pintes of milke sett the

milke upon the fire and let it

boyle up then putt in the oatmeal

and lett it boyle till it bee so

thicke as you can hardly stir it

then take it up and let it stand

a littel befoer you season it then

take resons of the sun stons them

and mins them very small that thay

may not bee perseiued in the puddings

then putt in a pound of beaf suet

finely beaten and a handfull of

grated bread, and a quartern of

sugar half a nutmeg and half as

much mase take of the resons the

quantiti of 2 egs and mingle it

in then putt in 3 sponfulls of rose

watter then break in 11 egs and the

whites of 4 seson it with salt and

mingle it all to gather then put

in a quarter of a pint of cream

and 3 quarters of a pound of curans

and so fill them

To preseru sitron

First take the sitron and rub it with

whiet salt then putt it in to runing

watter and lett it ly 2 or 3 dayse still

changing the watter euery day twise

then take the sitron and cutt it in

the midle butt if it bee a great

one in quarters then take out the

seeds and all that is soft then

sett the one the preseruing pan with

watter and lett it boyle befoer you

putt your sitron in you must set on

an other pan with watter to change

it in to till it bee enouf and

so tender that a straw will go thorugh

it then take them up and lay them

one a clean cloth till thay bee

cold then pik out all the strings

and that which is papy then way

it an to a pound of sitron take

2 pound of sugar then sett it one

the fire with such a quantiti of

watter as you shall think fit

and when it boyles putt your sitron

in to a pot then strayn the siru

op in to a pot couer it and let

it stand 4 or 5 dayse befoer you

boyle them up then sett them

apon the fire agayn and when

thay take clear take them up

page 90 (folio 41 verso) || page 91 (folio 42 recto)

and sett an your siruop again

and when it is almost boyled put

in sum white wine you must take

heed you boyle not your siruop to

much for it will not iely att all

then squees in the iuse of one lemon

and so putt it up

a recseipt to make raspe

Sugar

Take a pound of the finest

p loaf sugar you can gett and beat itt as small

as you can possibly then take a bout

a pound and spread it very thin in

a siluer dish and sett it one a soft

fier and stir it till it bee very dry

and then haue your rasps redy beaten

and strayned then take only the

iuse and or drap it in by littel

and littel still sturing it for

fear the sugar should melt

and so drop it in till you

persceiu the sugar to bee of

the colour of the rasp and

then lett it stand till

it bee very dry and so

putt it up in glasses

To make Piramedis Cream

Take a quart of watter and six

ounces of hartshorn and putt it

in to a botle gum dragon and gum

marabeth of each as much as a small

nut putt this in to the botle to it

and lett the bottell bee big enouf to

hold a pinte more stop it very Close

and couer it with a cloath putt it

in to a pot of beef that is a boylin

and lett it boyle three howers then

take as much cream as you haue ielly

and halfe a pound of almonds

well beaten then mingle the cream

and almonds to gather and strain

it do so to or three times then

put the ielly and then Cream in

to a siluer bason sweeten it as you

like it then putt in to or three

pasteels and sett it ouer the fier

stiring it continually till it bee

scalding hott butt lett it not

boyle. then poure it in to beer

glases that bee narow at the

bottom and when it is colde

turn them outt upon a dish fiue

in a dish like piramedis

page 92 (folio 42 verso) || page 93 (folio 43 recto)

for the strangurie

Take burrseeds & beat it to fine powder &

drink it in wine it presently helpeth

A Siruop for the siknes of the loynes

& salt rughme

Take a pynt of red rose watter 3 spoonfulls of

anyseed bruised as much liquorish bruised boyle

them in the rose water untill the third

part bee consumed then strain it & wring

it hard & boyle it again with fine sugar

a quarter of an hower & skim it clean

use thearof a sponfull in the morning

and as much at night or after meat

it is best when it is olde

To make siruop of Vineager

Take to a pynt of white wine Vineager

a pound of fine sugar clarify it with the

white of an ege & strain it

To dry Cherise

take them and stone them

as for tarts in to a bason

then putt to four pound

a quarter of a pound of

fine sugar then with

sum water putt to them

& sett it one the fyer

lett it boyle a litle

only to plump them so

lett them stand all night

in that sirruop and then

take them outt and lay

them one sius when they

begin to dry take them

ofe wett them in watter

and dry them apon a cloath

so lay them apone the

sius again setting them in

the sunn

page 94 (folio 43 verso) || page 95 (folio 44 recto)

to preseru cornelians

take to a pound of them a pound

of loafe sugar take sum of

them and boyle in a litle ^ water for

ioys then strayn them and put

that liq^uer to most part of

the sugar you must ^ put a prety

deal in becaus otherwise it

will boyle uery dry then sett the

sugar one the fyer and when

you haue skimd it putt in the

cornelians and lett it boyle uery

gently and but a litle while

then take them ofe the fyer

and lett them stand three or

four oures that the liquor

may soake in to them/: then

sett them one the fyer agayn

and lett them boyle as gently

as before till the siruop

iellys & that you see thay ar

enough & so putt them in

glases keeping sum of the

ielly to lay apon them

when they ar colde

page 96 (folio 44 verso) || page 97 (folio 45 recto)

page 98 (folio 45 verso) || page 99 (folio 46 recto)

A good water to scoure

& fostne the teeth &

make them sound

Take half a glas full of

Vineager asmuch water of

lentinfe of rosemary mastick

boularmenick powder of

pound graneds the water distiled

of dragons blood roche allome

well burned of each of thees an

ounce fine Cinamon half an

ounce riuer water three glas

fulls let all boyle with a soft

fier & put thearto half a

pound of hony clarified

then put in a litle beniamin

& let it boyle in a quarter

of an our & keep it close

stopt wash the teeth therewith

before & after meat

for the weaknes in the back

Take white saunders & the

iuyse of red sorell & drink

them in red wine blud

warm

A powder to preseru the

teeth

Take roche allome burned 2 drams

of Sarcocoll of tera sigilatin of

mirabilon Cidrons i ounce & halfe

mingle them to gather & so

make a powder to rub the

teeth fasting three times

a week

page 100 (folio 46 verso) || page 101 (folio 47 recto)

for paine or weaknes in the back

Take the brisket eand of a brest of mutton & seeth itin milke with the beares or rootes of Camphry &

Clarye i handfull of knotted grass & a few crop of

neppe boyle them all togather till the meat

bee sodd then take it from the fyer & lett it coole

& taking the fatt frome it use to drinke it first

in the morning & last at night with a litle

nutmegg

for an ague quartain

Take sauin & garlick with bay salt stamp

them uery well togather & then laye

it to the wrists

for a rupture in old or young

Take 19 red snailes & put them between 2 tiles

of claye so lay them in an ouen or in the embers

& dry them to powder beat them fine &

take so much of the powder as one of the snailes

put it in white wine & let the patient

drink thearof in the morning fasting & fast

after it ii howers drink thoes 19 snailes in

18 days and if that dos not healp drink

so much again

page 102 (folio 47 verso) || page 103 (folio 48 recto)

For a rupture of the guts

Take 2 handfuls of monseare pick it & wash

it & dry it in a cloath then boyle it in a

pynt of sweet cream till it looke uery green

&is thicke licke an oyntment then strayn

it and keep it for your use/ lett him anoynt

the plase with this morning & euening for 19 days

togather and keep himself close trussed up

for one that is broken bellyed

Take oake fearn Comphry & woodbine leaus

soak them in strong ale as you cann get 9 or 10

days then boyle it from a quart to a pynt

wring forth the iuyce thearof as hard as you

cann then scrape in a litle fine chalke &

so boyle it again in so much sugar as will sweten

it drink thearof morning & euening

to plase the mother

& help conseption

Take rosemary mints & mallowes seeth them

in white wine & watter and sit ouer the steam

of it going to bed) & other nights use to take

the powder of mastick & frankinsens stroud

one sum hott embers and sitt ouer it

to purge the mother

Take calamint motherwort mugwort of

each a handfull & of sauory merygolds fenill

& parsly a quarter of a handfull take

white or claret wine & watter a quart

of each seeth them all togather till half

the liquor bee consumed then strain & drink

thearof first in the morning & last at night

with sugar

page 104 (folio 48 verso) || page 105 (folio 49 recto)

To Make Oyle off Charity the In May

Or the beging off Iune at the furthest

My Lady Broughton

Take off the leaues of wormwood & Red Sag

Broad leafed Lavender, Rosmary & camimile pick

these clean from the stalks then take of each of these a quarter

of a pound shread em uery small & put em in a Glassee botle

..th with a wide mouth & then put to em as much salat

Oyle as will wet em & some to swim a loft em-

tye it close & set it in the sun & whether for a

month sturing it twise a day then straine it out

& put em herbes away then put to that Oyle halfe

so much of the same herbes freesh gathered & a

quarter of a pound of the leauss of Velerian shred

em small & put em in & set em ouer the fire to boyle

uery leasurly for an hour & halfe sturing it

constantly then strain it & let it stand 3 dayes &

boyle it 3 quarters of an hour sturing it all the

while then strain it againe and keep it for your use

you must geather your herbes on a dry day &

when you set to son lay a tyle on the mouth

off the botle that noe wett get in & when you

boyle it you must scum it & if it be right

made it will be a perfect Green,

the three days it stands you must putt it

into a Glase Vessell

The Vertues

It is good for a burn or scald used First

and if for a bruse if inwardly to take out wardly &

for any Green wounds or old pains that proseede from

cold causes it is for to bring away the affter birth

giueing the woman eight drops in a spoonfull of

posset drinke & to drinke a draft affter it, & you to

make it 2 hours affter it and you must marke which

Hour she takes it for she must take it once in

twelve hours & so take it tell untell you thinke

all tis come a way, and soe it must be taken

when you giue it for a bruse inwardly eight

dropes for a woman & 10 for a man, you must

neuer giue it offtner then once in 12 hours

it is uery good for the head ake to anoint the

Temples with it, it is excellent for the plasie

to anoint the place Greved and when you use

thise Oyle you must haue a great care of cold

if it is for paines allways lay a Wollen cloath

next or upon a linen Cloath dipt in the Oyle

page 106 (folio 49 verso) || page 107 (folio 50 recto)

Receipt to make Mouth Watter Mrs

ffleetwood ,

Take a wine pottle of Running water & 2 ounces

of Pelitary of Spain roott a good handfull of

Pelitary of the wall, & halfe an ounce of pyony seeds

Bruiss the roots and seeds together put all

thess in the watter together and set it one a

soft fire & let it boyle halfe an hour, then take

it off y and strain it Through a Hair sive,

let it stand halfe an hour to settle, then

pour it into the skillet againe, & put into

it as much Roach Allum as two wallnuts

and a pint of the best wine Winegar, and

as much life Hony as will sweeten it to

your taste then cour the skillet till it boyles

then take ofe the couer and let it boyle

softly at the least halfe an hour and so

skum it so long as the skum doth rise, then put it

up in a stone Botle but let it stand till

it be cold then stop it close, it will settle

thicke at the bottom like lees which doth

preserue it so keep it in A cold Roome it will

Last a year good,/

My Mother gaue me this Receipt

which is an extraordinary

good one KD

The Vertues of this Mouth Watter

It cures all manner of sore Throats and

Cankers in the mouth though they haue eaten holds

into the cheeks, or Allmonds of the ears if they be

swel'd, gardle the mouth often, and if it be to

sharpe mix it with some planton watter and

use it between whiles, it keeps the teeth from

Rotting, and fastens em if loose, and keeps them

white and sweet, it is good to wash old or green

sores, it cleanseth and scowreth em and has

a healing quallity, this water allso cureth Im

posthumes in the head if it be snuffed up In the

nostrells often it will breake the imposthume & cause

it to issue out, Mother charmes cured a fistula in

the head when the hole was in the corner of the nose

and two of the out side, the made em snuff it up

in the nose and wash the fistula outwardly,

approued by many who used it thus, when there teeth

ake use the water thus take a mouthfull as hot as

they can well suffer it, it will thicken the Rume

and strengthen the Gumes,

page 108 (folio 50 verso) || page 109 (folio 51 recto)

To Make Hearts horne Ielly Lady

Spencer s way

Take halfe a pound of hartshorne putt it in

3 quarts of watter, sett it ouer a slow Fire att 8

a clock in the morning, soe keep itt all ^ day iust to

simer, & nott to boyle let the pipkin be close couered then

att night strain itt Through a hair sive the next

day take of all the clear iely, & leaue the setling

beat six ^ whits of eggs and putt them into itt & putt in

the iuce of 5 or 6 Leamons, keep itt stiring continua^ ly

till itt boyles, then putt in a wine Glass full

of Rhennish wine and lett it boyle up againe

then putt in a nother Glass full of wine & so

doe four times, butt lett itt boyle betwixt

each glass, then you must make your Bag ready, putt

into the Bottom of the Bag a Lemmon peale, which must be

thus ordered, cutt of the Top of the Lemmon & pick out

all the meatt then fill the peale up with cloves,

mace, Cynamon, & some nuttmeggs cutt in

peices so pour the ielly upon itt, sett the peale up

Right in the Bottom of the Bagg, you must nott forgett

to sweeten it with whit sugar, according to your Tast

To make popy water

Take toe Gallons of wine or leese

of wine and putt into it halfe

a pounde of licoras scraped

and slicet & a quarter of a pound

of anyseeds brused and as many

popy flowers as will goe into

the pott and so lett it stand 24

howres then still it in a limbeck

thear will come a quart that

will be strong which you may

putt all-to-gather the rest will

bee weaker putt a few popy

flowers into the glases of

water and lett them steep 24

howers then strayne them outt

and so keep it

the strongest is good for surfets

and the smallest for agues

page 110 (folio 51 verso) || page 111 (folio 52 recto)

To make orang cakes

Take the oranges to euery 4 great ones a pound

of the fynest sugar peel ofe the skins & boyle

them uery tender drye them in a cloth &

cut them small slitt the oranges take out

all the pulp & iuyse & put it toe the sugar

with the skin which is boyld then sett it one

the fyer stirring it till the sugar bee all

mellted but lett it not boyle then take it

ofe & lett it coole & so doe 4 or fiue

times till it growes uery thick still stiring

it & when it is so thick as to drop take

it ofe & lett it stand till the next day

& then drop it one glases or tinn and so

stoue it but not toe hott

The Method of Proceeding in A Course of

Turnips, Neither in the Gout Rhumatisme

Stone, Gravall, Collicke Dropsey Sevivy

Consumption & Many Other Distempers,

Fall one Raw Turnips in the Morning

att noon 3 or 4 scalded & att night as many

More as Many as your stomake will beare for

the more you eate of them the Better

Pair them uery then & lett your watter boyle

before you putt em in & lett em boyle 5 or 6

minuts & when thay are enough cut one

& there will appear a white spott in the

Midle then thay are in right case to eate

this may be there food for 30 days att

least & must nott eat any thing

Deiectly or indirelly other then Turnips

either done as a boue said or Baked

Or Rosted which way there stomack will

degest it Best,

And for your Drinke thus, take a pott or

skillett that will hold a bout two Gallons

& pair as many Turnips as will fill

itt quarter them, and Lay

page 112 (folio 52 verso) || page 113 (folio 53 recto)

them as close as possibl you can then fill

it with watter as much as will couer em

& no more & lett em boyle tell thay are

pretty soft not all together so much

as you would to eate with Meate then

press them between two trenchers and

let em this be there Drinke for 30 days:

& let em Drinke as much of if as thay

can, the More the Better & nothing else

and leaue Malt Lequor, for thatts

has Bad as Ratts bane for them

iff you find this first Liquor is nott strong

enough sett to boyle as many Turnips

as first in the Liquorthat the first in

the same was boyld in & then press

them into that Liquor which will make it stronge

iff the party haue and sores that Breake

or run, lett them apply nothing butt

Turnips to them poultice wise

and wash them with some of the same

Lequor the Turnips were Boyld in

iff upon entering into this course they

should be Costive as most people are

then eate halfe a Dozen or a Dozen

of pruens stewed or Raw, and thatt

will cause a Mottion

iff the Party smoake, thay may smoake

what thay please, but eate or Drinke

any thing else than as Affore saide

this was the Method prescribe to me

page 114 (folio 53 verso) || page 115 (folio 54 recto)

A Receipt to make Clarett watter

for twelve pintts

Take a full Towell of Red pinks or Coronations

the Deepest Colour you can gett or aboutt four

or five pounds weight, take the Leaf thatt

is Red only and Through away the Rest, take

half a pound of your Cockcrowing or Poppys Leaues

which you must haue well dried to the sun or a

quarter of a pound of dried ones is enough

a quarter of an ounce of Cloves, an ounce

of Cinnamon, putt all thatt to steep to

gather in a matter of ten pints of the

best Brandy you can gett, into a earthen

pitcher, cork itt well, and tye a wett

parchmentt over itt very close and Leave

itt for sixs weks togather to the Hottest

sun, than take itt outt of the pott or Bottle

squse it all togather, Clean your pott, putt it

in againe to infuse, add-only to itt a pint

of Clear watter and seuen pounds of your

finest sugar, well brused, Corke up your

Bottle or pott as a fore and leave itt to the

Hottest sun for the Rest of the summer, then

affterwards, run thatt Liquor through a

fine Clean Linnen and putt itt into the bottles

Note thatt you must fill your Bottles butt

half att first and when you com towards

the Latter end of your pitchcher fill them up

because your Liquor being thicker towards

the Latter end then the first, your first

bottles should be Clear and those of the Bottom

too thick

If you designe to make a smaller

or a greater Quantity of thatt

Clarett watter, you must Lessen

Or add proportionally the

Ingredients aboue specifyed

page 116 (folio 54 verso) || page 117 (folio 55 recto)

A glister uery gentle & only

to wash the guts & coole

Take barly watter put in to it a handfull

of brann boyle it in & strain it with a

few seeds then sweeten it with hony of

Violets & a litle glister sugar

To make Pomatum Mrs Norris

her way

Take the Cawle of Lamb, or Veal, pickt Clean from

the skins, then Lay it in Springe Water nine days, then

shift the water once in 2. 4 hour's, then Lay it

3 days in New milke, then shift it Every 24

hour's, if it is hot weather, Every 12 hour's

it must be done uery clean out of the milke,

then put it in an Earthen pot that neuer was

used, then put the pott in a skillet of boyling

water till the fatt is ready to boyl, then straine

it through a Musselin Cloth into a bason,

and when it is Cold, put it in the same pott

againe, to a quarter of a pound of fatt

so much white Lilly roote as you can hold in

the Palme of your hand, halfe so much Marsh

Mallowes Root's, wash and s.crape them very

Clean, it must stand in the fatt vntill it

Boyl, then it must be strain'd off into the bason

so stand till it Cold, then melt it againe in the

like manner, it must be strain'd into the bason

put into it one spoonfull of any sweet water

then beat it continnually till it is Cold Enough

to dropp into Cakes,

The Root's must be beat in ^ a stone morter

very small

page 118 (folio 55 verso) || page 119 (folio 56 recto)

Dr Harrington's Famotus Electuary by which he has

Cured many Houndred of Consumptions

Take of Olibanum myrrh, saffron, of each 3 pounds of the

best Opium, henbane seeds henbane roott of each

one pound, of Virgons Hony 60 pounds the best

opium comes from thebes , calld, the bean Opium

it must be prepared by spiritt of wine & so dry

and powdered, the Honey must be well clarifi'd

upon a gentle & clear fire being scumed till

Little scum arise when it tis boyld enough

it will Looked uery red, then take it of from the

fire and when it has stood a Little (but yett

whilst it is Hott) put in the saffron, which must be

first pull'd Dryed, & finely powdered, & mixt

with so much rectifyed spiritt of wine

sometimes calld double Brandy) as will make

it as thicke as an electuary or a pudding

then stirr em well & when thay are no warm

er then new milke, put in all the rest of the

Ingredients in uery fine powder, and

uery well mixed together, the Olibanum,

Myrrh, & Opium the Docter had prepared and

powdered from the Apothecary, but the seeds and

roots they dryed and powdered and searched

them selves, then stirr em uery diligently &

exactly together, tell they are quite cold

page 120 (folio 56 verso) || page 121 (folio 57 recto)

and tell they are mixed uery intimately

Great care ^ is to be had in mixing of them

if it be to thicke you may put in more

clarified Honey or syroop of red wyld

poppuis to make it a due consistency

it may be put in a large mugg, pott,

& couered with leather and sett in a

convenient place, it will keep a year

very well, the dose is the quantity of a

Hazle nutts more or less according to the

strengh or age of the patient, to cheldren

may give the quantity of a nutt, tis to be

taken in the morning fasting & two Hours

affter supper, for delicate persons it may

be sweetn'd with sugar, to take a way the

bitter taste for Opium is better, it tis

giuen in consumptions & extream coughs

somtimes in feauers as an Opiate, I suppose

the Dr gave it in severall cases he usualy

took for it 2s or 1s 6d per ounce, it may be made

any time of the year somtimes (Though uery

seldome) he gaue it in the forme of pills

you may make any better quantity of it,

as if take on pound of Honey you must take

the60 60 partt of each other Ingredient

my Cosens Lucy s Receipt

An Otmeal Pudding Sir H Harwood s

Take A quart of the best sweet creame

halfe a pint of otmeal dryed and beaten

small when it is boyl'd in the creame sweeten

it with a quarter of a pound of sugar A

quarter of a pound of Butter stirr'd in it

tell it be melted then set it by tell the

next day put in fore egges well beaten

two spoonfulls of rose watter a little shred

Lemmon pile bake it in a flat dish with

A Little past putt on the edge/

To make Gingerbread

Take two pound of flower dried, two ounces

of ginger siftd, two pound ^ of Treacle halfe a

pound of butter, make light past, let the

Treacle & the Butter be melted together, and'

not to Hott, powr it to the flower, worke it to

a light past, take candid orang and lemmon

and citron of each a quarter of a pound,

strew it into the past & worcke it well to

gether cut it, & Lay it upon Tinn plats

well Butterd, to bake itt,

you may put a nutmeg or two in it

and a spoonfull or two of sacke or Brandy

to make it light

page 122 (folio 57 verso) || page 123 (folio 58 recto)

A Receipt to make Cherry Brandy

Or Red Rattafia

you must haue a small Barrell uery

Clean, putt in itt half Brandy, the best

you can gett, and half black Cherrys

well Bruised, with a handfull or

two of Ras-berrys, and upon each pint

of Brandy and fruitt putt in two Ounces

of sugar, some few Cloues, and a Little

Cynnamon, you must besides thatt

bruise a quantity of Kernells of

Apricockes more or less, according

the Bigness of your Barrell, putt all that

in itt till tis full have it shutt up uery

Close, Leaue itt so in the Cellar for sixs

weekes togather, then open your Barrell

bruise your cherrys againe then straine

your frutt in a Clean Linnen and run your

Liquor thatt it may be fine & putt

in Bottles well Corked, & thatt is all

A good glister for the yellow iaundis

Take a black sheeps head wool & all boyle it untill the

bones fall outt from the flesh & the watter soddne to a quart

Then take a handfull of mallows as much of french

mercury as many Viollet leavs then straine it and putt

thearto a litle sugar allmost a quarter of a pynt of

sallet oyle & a litle salte then make it warm & administer

it to the sick & it shall greatly restore them this cured

a gentillman which was as yellow as saffron

A good medisin to purg the head.

take a branch of rue & strip of the leavs leauing a

few at the eand and so putt that eand in your mouth

holding the tother in your hand & your head ouer a

bason & the rhume will come forth abundantly

A medisin for the collick .

Take fhime sage and rosemary bind it opon a new

tile made hott by the fyer and lay it to your nauell

and it is a present remedie

page 124 (folio 58 verso) || page 125 (folio 59 recto)

A medisin for the wind collick

Take 7 or 8 berys, bruyse them sumwhat small and

put them in to a litle beer or ale luke warme & d

drink it when you ar ill of itt

A good medisin for the stone

Take the that is found in an ox gall as big as a bean

bruis it to fine powder and drinke it with white

wine

A purgation made with rubarb

Take of rubarb as much as the waite of xiid & cutt it in thin

slices then take a litle ginger & slise it & a litle sinamon

putt them to gater in vii spoonfulls of succary watter so

that they ar well couered withthe watter & that it may

bee a good draught lett it stand xii howers or sumthing more

then strayn it in to a goblet and putt thearto as much

sugar as will sweeten it & drink it fasting in the morning

it is a most pleasant & easy purge made by Do Core

An excellent and easy purgation against melincholy

Humors & payns in the head

Take six drams of sene leavs one dram of white ginger

two drams of bugles flowers putt them togather in a new

stone pott with a narrow mouth & a pynt of whay of

goats milke couer the pott close and sett it in a seething

uesel of hott watter the spase of 2 howers then take it ofe

the fyer & sett it in a close plase vntill it bee colde then

strain it and drink thearof in the morning fasting

a good draught and that will purge the head & braine

& helpe your senses & openeth the blader

page 126 (folio 59 verso) || page 127 (folio 60 recto)

To make siruop of white popys

Take the heads of white popys

fresh gathered pound & a halfe

as much black popy seeth them

in 4 pound of rain watter

untill there remain but one

pound & half then strain it

& put thearto vi. ounces of good

sugar and as much Penidise & so

seeth it to a siruop this is

good to caus sleep

To make siruop of

burage

Take of the iuyse of burage

3 pound of the flowers of burag

fresh gather one pound clarify

the iuyse & then put in the flowers

& so warm it a litle then let

it steep 3 howers warme then

strain it & put thearto of

sugar 4 pound & so seeth it to a

siruop: it is good against

the trembling of the hart & swondeng

& against melincholy & choler

in this maner you may make

the siruop of any hearb to draw

out the iuyse you must beat

page 128 (folio 60 verso) || page 131 (folio 61 recto)

the burage in a morter

and there let it ly a night

in a coole plase then wring

forth the iuyce & clarify it

with the white of an egg

then make the siruop as aforsaid

To Make a Millett Pudding

Take five Ounces of the best butter

or somthing Less, with the Back of the a

spoone butter the Bottom of your pan

spoone then strow in fiue Ounces ofe

Millet, and haveing ready three pints

of milk seasond to your Tast with nutmeg

sugar, a Little salt or any other

seasoning boile your milk, & poar it boiling

hott you upon your millet put it the

moment in to the Oven & let it Bake

2 hours, Its Good both hott & cold

Mrs Hamilton Receipt

Take a wild Raven and putt it into a

pann or possnett & bake it togather

with your Brown bread, fethers and all

togather and theire will be an oyle

in the Bottom of the pann anoint

the Ioynts with the same, tis good

for the Goute

To Make a Sego Puddinge

Take about 4 spoonfulls of Sego picked

and Rubd, boyle it to a tender pulp in about

a quart of milk then boyle a quart of

thick cream and beat the yolks of 8 eggs

and a grated nutmeg with sugar to your

tast mix all togather & put in perserued

Orang & a little Citron with a bone of

marrow in peices a Little Oring flower

watter so bake it stiring it tell

thickness in the the Oven

Mrs Hamiltons Receipt

page 132 (folio 61 verso) || page 133 (folio 62 recto)

To make the plauge watter

Take. Angelico) rue) mothertime) sumer

sauory) sweet mariorum) Sacius)

white saxifrage) succory) Buridg)

Tormentill) maidenhair) Egrimony)

Scordium) wormwood) Sallendine) Sage)

Balme) mugwort) dragons) pimpernell)

feterfue) burnett) Sorell) marygold flower

flowers of cowslip) pansy flowers)

Cardus Benidictus) of each halfe a pound)

Buridg flowers burage & bueglass flower

a pound) rosemary flowers a pound

Arckangle flowers half a pound

2 rootes of Elecampaign) shread all

thees uery small & soak all thees in

6 quarts of the best canary lett them

stand 5 days stiring them euery

day) put in allso anyseed caraway seed

Coriander seed Cardimon seed of all

one ounce then still it in a cold

still you may ad to it lylys of the ually

& prinrose leavs

& Scorsonare

page 134 (folio 62 verso) || page 135 (folio 63 recto)

To make orange marmlett

Take oranges, scrape of the outward

Rine, Rub them with salte and wipe

it of uery Clean with a Cloth then Cut

them Crose the middle, then squeas out

the Iuce and take out the meat then

then boile them in a gallon of water

Changing the water till they are uery

tender 4 or 5 times at least, then take

them out of the water and put them in

a Cloth and dry them well and with a

knife scrape away all the durt so Cut

them into litle short peices and to

every three quarters of a pound of oran

=ge put a pound and a halfe of duble

Refined suger dip the Lumps only in wat

=er and vse no more then haue in Reddy

ness some pipin Ielly and put to the

suger halfe a point of it then boile

then boile the oranges and the Rest to

=gether about a quarter of an houre

then take the meat and Iuice that Came

from the oranges and doe the meat with

page 136(folio 63 verso) || page 137 (folio 64 recto)

with a knife on a Trencher uery

smale picking out all the seeds and

strings then put them into theor

orangs a quarter of a point of it

and halfe a quarter of the Iuice of

Lemons or less but before you put it in warme

it a litle in a poringer and in a thinne

peice of Lawn boile some musk and

amber greece in it a litle before you

take it vpe let all boile uery

soft and when it will Ielly pretty

Thick put it into your glaces haue

a Care of ouer boiling it &c

Mrs Carwardins Way :98:

For a sting of a Bee or waspe

take mustard and Laye it

to the place

another Recept for the same

Tak Goats Rew ^ on handfull and stamp it and

aply it to the wound it infalliable cure

To make lemon Cream Mrs Carwardin

Way 98

Take a poringer full of water and

halfe so much of Rose water or orange

flower water is best, the Iuice of 3

faire Lemons in which there Rines

haue been steept all night, the white

of 3 eges, as much duble Refined suger

as will sweeten it to your Tast stur it

page 138 (folio 64 verso) || page 139 (folio 65 recto)

The Consumption plaster Is

good for any pain or Sweetting

The Lady Cobb s Recept

Take burgandy pitche, Rosin, bees

=wax wax, of each two ounces, 3 quarters

of an ounce of Coarce turpentine it

need not be the very best on ounce of

oyle of mace melt these all well to=

=gether, haue sheeps Lether Cutt of

what bigness you would haue your plaster

so porre these things when they are

melted upon the Lether, before they

be Cold, scrape or grate a good

deall of nutmeg upon euery plaster

To P preserue goosberrys the

Lady Cobb s way

take the fairest ^ dutch goosberry when they

are at there full growth and not Ripe

and stone them into faire water then

stamp other goosberry, and strain them

and lett the Iuce Run through a Ielly

bag till it be Clear as watter then put

3 quarters of apound of gooseberrys into

halfe a point of this Iuce and sett them

into a bason on the fire and lett them

boile as fast as can be on good boyle or

two then take double Refined suger

a pound and a quarter good weight and

put to the Gooseberry tis better that you

Reserue some of the suger to strowe

vpon them in the boiling and as soone

as the goosberrys are on the fire make

them boyle to the Tope of the bason, ^ two two

good boiles but it thay must be done uery ^ quick

or they will Chang Culler then take

them of and put them into the glas..

page 140 (folio 65 verso) || page 143 (folio 66 recto)

To make mince pyes the Lady Cobb s

way

Take two good Large neats tongues

parboile them and pick of the skin and

Cutt them in Little peeces and weigh the

neat and to euery pound of tungue take

2 pound of beefe suett after it is slised

then shred the tongus very small and

when it is enough put the suett to

it and shred them very small together

then add as many Currance as the Tonges

weighed a little peper and salt Mace and

Cloues nutmege cynamon and ginger of

each a preety quantity on pound of suger to

two tongues the Iuce of a whole lemon some

3 of 4 good pearmains and pippings shred uery small

of the peele shred uery small Rose wattermixe all thes together and when your pye

is halfe full slice in a pretty deal of

preserued orings or Lemon or citron

so fill them up and close and bake

Them

An Oatmeale Puding Lord Spencers s

way

700

Take a quart of the best sweet creame halfe a

Pintt of Oatmeale dryed & beaten small when tis

Boyld in the creame sweeten itt with a quarter off A

Pound off sugar a quarter off a pound of butter

stured in till itt be melted then sett itt by tell

the next day, put in ^ eight eggs well beaten two

spoonfull off Rose watter a little shred Lemmon

Pill bake it in a flatt dish with a little past

Cutt one the egg egd &c

To Make Puffe Past Mrs Dancer s way

Take halfe a pecke of Flower and 4 pound of

Butter take two pound of the butter and rub

it in the flower to this quantity of flower

putt in 3 eggs make your past tender the

Rest of your butter beate it into your

past,

page 144 (folio 66 verso) || page 145 (folio 67 recto)

An admirable good water

Take a gallon of white Gascoigne wine then

take ginger cinamon mase cloues Aniseeds

fenelseeds caraway seeds & galingall of each

of thees a dram then take sage red mints

rose leaus tyme & wild time rosemary

cammomill lauender tops & pellitory of Spain

of each of thees a handfull then beat the

spises small & allso the hearbes & put them

all in the wine & lett it stand 12 howers

stiring it diuers times then distill it in

an Alembeck or limbeck & keep the first

watter by it selfe for that is the best

The uerou of this watter

it comforteth the uitall spirits helpeth

the inward diseases that come of cold

& against the shaking of the palsey

it helpeth conseption in weomen that

ar baren it killeth the wormes within

the body it helpeth the stone in the blader

it comforteth the stomach cureth the

could cough it helpeth the tothache it

cureth the cold dropsi it helpeth the stone

in the reines of the aback it presently

cureth a stinking breath & toe use it

sum times & not oftne it preserueth ons

strength & comforteth nature meruelously

if it bee set in the sun it is the

beter

page 146 (folio 67 verso) || page 147 (folio 68 recto)

A Good Receipt for Bludy Watter

Lady Spencer s way

Take a pint of white Wine divied in to 3 parts & put

into it the thord part of a penney worth of Metrydate and

3 ownces of the insid of the Barberry Barke scraped

steep all this in the white wine 12 owers than drinke

it fasting, & affter it you may eate a pipen rosted

with a penney worth of safferon Rosted in it

you must take the core out & than put in the

safferon & put on the tope of the Aple & so rost it

you must than divied the Rest of the white Wine

againe into two parts & so put in the same

quainty of Metrydate & the Barberry Barke

& steep it 12 howers so drinke it than againe

either at night or in the morning

affter 3 times Ihope you will find good by

it the pipen Rosted with the safferon as often

page 148 (folio 68 verso) || page 149 (folio 69 recto)

for a kernell in the fase

Take a quart of new milke

& boyle in it a good handfull

of parsley & as much spear

mints shop them small & boyle

them in the milke a good

while then thickne it with

crums of course wheaten

bread that is leauened &

a litle sheeps suet so aply

it to the sore it will both

break it & heal it

for childblanes

Take the berys of bryony

gather them about michaelmas

when they ar ripe & hang

them up in the hous from

the wall then rub the childblane

with one of them before

the fyer and then lay more

berys plaisterwise apon

them

for a scald head

Take oystershels & burn them

in the fier till they bee all

white then beat them to a

fine to powder & sears them

mingle it well with hogs

lard or, frech greans bee sure

to rub the plase with it

througly cuting the haire ofe

close to the skin and after

the scab is scaled ofe still

anoynt it as long as it looke

red when the rednes is gone

wash it with lye

page 150 (folio 69 verso) || page 151 (folio 70 recto)

page 152 (folio 70 verso) || page 153 (folio 71 recto)

To make oyle of roses

take i pound of oyle oliue putt it

into an earthen pott, and putt into

it toe pound of new blowne

roses first bruysing them a litle

then sett the pot in a bras pott

halfe full of watter and lett the

watter boyle till three parts be

consumed then strayne them in

to a fayre glass & then putt

a good quantyty of new rose

leavs and so lett it stand all

the year this oyle is good for

any hott swellings

For a Pleurisy

Take 3 spoonfulls of the best salit

oyle, and 3 spoonfulls of thesyrip sirup

of Elder berrys mix them together,

and 3 tims drinking will cure, &c

for a Sprain

Take hott white wine v^ingar, and

haueing wetted a cloth with it, lay it to

the bruse or sprain either in face or legg

A siruop for a cough:

Take a pound of sugar & a pynt

of hony putt them in to a skillet

and putt into it a pynt or more

of the iuyse of coolesfot you must

not wash the leavs butt wipe them

then put it one the fyer and stir

it to keep it from boyling ouer

skim it uery clean and when it

is boyled to a siruop take a

reasonable quantyty of coelsfot

leavs shread them small one a

trencher and putt them in to it

& lett them boyle a prety while

but skim it not after the leavs

bee in: then putt it in a pott

and take morning and evening

as much as an nutmeg

page 154 (folio 71 verso) || page 155 (folio 72 recto)

To make a White Pot my Lady Cobb s' way.&nbsp;

Take as much Naples Bisket cut into thin Slices

as will cover the Bottom of a large Dish, then lay upon

your Bisket Lumps of Marrow dipt in the Yolks of Eggs

to keep it from melting & preserved Damsons Pruans &

sliced Dates & preserved Cherries & Raisons of the Sun,

then set on the Fire two Quarts of Cream or more

according to the Bigness of your Dish, & when it boiles

put in 6 Eggs very well beaten, then put in your Porringer

a little of the Cream & beat in it a good Deal of

Marchpanes or blanched Almonds very small, then put

it into the rest of the Cream, & sweeten it with Sugar

& stir it well together, & pour into the Dish upon all

the Things, & strew on the Top beaten Cinamon and

Sugar, then set it in the Oven & Bake it./

To roast a Pike my Lady Cobb s' Way .

Draw your Pike, but do not scale him, take one pickl'd

Herring, a handfull of Capers, one great Onion a handfull

of Cockles, chop these uery small, then add a sufficient

Quantity of Salt & 3. or 4. Bay Leaves, mix with these

a handfull of brown bread Crums & near a pound of Butter,

make it all to a Paste, & put it all into the Belly of the

Pike with some whole Cockles & Oysters then sew up

the Pike, & put it on the Spit, where you must tie it

with Packthred & stick a few Bay Leaves alwayes

basting it with Butter. When it is enough take out the

Paste in the Belly, & mix it with a sufficient Quantity

of Butter, 3. or 4. Anchoves dissolved in it, lay the Pike

in the Dish with Sippets of white Bread fryed in Butter

round the Dish, & then pour that Sauce upon it. All

these Things are to be proportion'd to the Bigness of

the Pike./

To make Pease Pottage my Lady

Cobb s Way

When the Pease are boiled all to pulp take them

off, strain them through a Cullender pouring water

to them till all the Pease be gone from the Husks,

then set it ouer the Fire, & take Parsley & a

little Tyme & some Onions, shred them as you do

Pot Herbs, & boil them in a good peece of Butter,

then put them into the Pease Broth with some

Cloves & a little Pepper, so much as you think good,

then let them boil till they be thick enough, season

them with Salt, & put them into your Dish with

French-Bread, & a good Lump of Butter, You

may put into them some dryed Mint rubbed to

Powder as you like it./

To make Collops of Veal Lady Cobb s Way

Take a Leg of white Veal & cut off the Collops

thin then beat them a good while with the Knife, then

page 156 (folio 72 verso) || page 157 (folio 73 recto)

take the remaining Part of the Veal & shred it very

small, & with it some Suet & sweet Herbs & make

it into a Lump with the Yolks of Eggs & put it into

the Skin of the Veal & roast it, then take your

Collops & rub over them some of the Suet Herbs & Eggs,

and put them into a Pan with Whitewine & a dissolved

Anchove some Butter, & fry them very well, & when

they are enough Serve them up, with the roasted Meat

in the midst, & some fryed Oysters upon them./

To make Scotch Collops of Pork Lady Cobb s' way

Take a Neck of young Pork & cut it into

Collops as thin as 'tis possible, & beat them very well

with a Knife, then season them with pepper Salt

and a little Sage well shred, then broil them on a

Gridiron, & when they are enough put them into a

Dish with Gravy of Mutton, an Anchove dissolved

in it, & a little Mustard, & squeeze a little Lemmon

in the Sauce & so serve it up hot./

The fine Receipt of the pounded Hare pye my

Lady Cobb 's way .

Take two great Hares take the flesh from

the Bones & mince them very small, then add one

pound of Beef Suet & one pound of Lard mince that

& incorporate it with the Hares flesh, then put to

it these sorts of Herbs, Tyme Winter Savory and

Marjorum shred them uery small, season it with Cloues

Mace & white Pepper to the Pallate, Next take a pound

& half of Lard or fat Bacon, cut it in Squares the

Length of your finger & lay it betwixt the Layers of the

Meat with some at the Bottom & some at the Top.

To make a Cordial Water of Oranges Lady

Cobb s way.

Take 12 Oranges pareththem thin & put them in

a Pottle of strong Sack. Let them steep 24. Hours,

then put them in a Still with Fire not too hot, &

when the Still begins to drop set a Glass under

with white Sugar Candy as much as you think will

sweeten it & stop the Pipe that no Air can come

forth, & let it still till the Oranges haue no more

Iuice./

A hot Water cordial & pleasant, Lady Cobb 's

Way.

Take a dozen Loaves of the whitest Bread

you can get, pair of the Crust & break it into Lumps,

& take as much Sack & white wine of each alike

Quantity as will Soak those Crums. Let it stand all

Night, & still it in a Rose Still./

page 158 (folio 73 verso) || page 159 (folio 74 recto)

To preserue Cherrys Lady Cobb 's Way.

Take a pound of Cherrys stone them & lay them in a

Pan one by one, then take 3. Quarters of a pound

or the Weight of Sugar & strew it on them,

then put in 4 or 5. spoonfulls of the Iuice of

Currans & boil them till they are enough & the

Syrrop will Ielly. You must leave out some

of the Sugar to put in as they boil.

To preserve Damsons Lady Cobb s' Way.

Take to a pound of Damsons a pound of sugar,

boild it to a Candy & put them in & set them in a skillet

of boiling Water cover them & let them stand 2. or 3.

Hours, then scum them & set them by till next Day,

then boil them up with a soft Fire. You may

do Bullas thus./

To make Ielly of Pippins Lady Cobb s Way.

Take 12. Pippins or half of them Pairmains &

Iohn Apples together, which will make it taste quicker,

pare them & quarter them & put them into a Quart of water

& boil them on a quick fire till all the Goodness is out of

them, strain out all the Iuice, & let it settle, then

pour out the clear, & take to every Pint a pound

of double refined Sugar, & let it boil on a very

quick Fire till it will almost Ielly, then put in a

handfull of prepared Orange Peel, Let it boil again

a very little, then put in the Iuice of a Lemmon &

let it boil one warm & then put it out into Glasses./

To make the best Cake Lady Cobb s' Way .

Take 3. pound of flower 3. pound of Currans

well wash'd & dry'd, when you go to make the Cake

put the Currans on in a great Dish, & set them on

Coals with almost a Pint of Sack to plump

them, let them stand on the Fire about 2. Hours,

stirring them continually, then put your Flower

in a Tray & make a Hole in the midle, take two

Quarts of warm Ale Barm well beaten half an

Hour & as much Cream, the Cream must be boiled &

stirred till it is cool, then take the Yolks of 20.

Eggs & 4 whites well beaten, beating therein six

spoonfulls of Flower, then beat the Eggs & Barm

together, set the Cream on the Fire again, when

it is scalding hot melt into it gently two pounds of

Butter, then put in almost half a Pint of Rose=

=water, then take of the Top of it with a porringer,

& mingle it with your Barm as much as you think

will wet the Cake which will be most of it then put

into the Flower 3 quarters of a pound of Loaf sugar

searced almost half an ounce of Mace 3. Nutmeggs

page 160 (folio 74 verso) || page 161 (folio 75 recto)

and a little Salt then put in the Barm as it is

mingled into the Flower, & mingle it up lightly with

your Hand or a Spoon, it must not be kneaded. You

may beat a pound & half of Almonds & mingle

them well with half a Pint of the boiled Cream,

then strain them out, then putt into the Cream two

Grains of Musk & as much Ambergrease, then

bake it in a Hoop of paper an Hour, or in a very

hot ouen that hath cooled again./

To ice this Cake.

Take 2 spoonfulls of fair water as much of

Orange flower water Rose water steep Gum in it

all Night, then strain through a Bit of Lawne

into a white Bason the Quantity of a Hasle=

=Nut, beat the whites of 2 Eggs 3. spoonfulls of

fair water, as much Rosewater, beat it till

it looks white, then by Degrees beat in sugar till

it be the Thickness of Pap, & as white as Snow

put in two Grains of Musk & Ambergrease, when

you take the Cake out of the Oven do this thick on

with a Feather, then set it in again till it by dry./

A Remedy for the Piles proued by great

Experience. my Lady Cobb s Receipt.

Take the oldest Cotton wick Candle you

can get & Shave it thin into a Silver Bason

& put to it fine powder of Serus, & let

them melt & make an Oyntment, & anoynt the

Piles with it hot uery often./

An aproued Receipt for the Scurvy

Take a quart of milke, and boyle it in an ounce

of sasafraxwood and ounce of Hartshorne

shavings, than boyle it to a pint, Lady Spencers

and take it of the fire, and put to it to the iuce

of an Orance, straine it & add a spoonfull of

the iuce of scurvigrass, & sweeten it with

surrop of elder berrys, this must be taken every

morning for 8 mornings, this quantity take it twise

if you Baith with Brandy warme where the

sweling is, it is very good my Lady Love Lasse

Receipt

page 162 (folio 75 verso) || page 163 (folio 76 recto)

A Recept of Minced pyes

Lady Spencer s way

Take two large neate Toungs perboyle them

and pill them cuting of all the rootes & then cutt them

In pieces weigh thee meate & to every pound

take ^ tow three pound ofe thee best beefe suett

then shred the toungs and suett a part uery

small then shred em togather tell they

be well mixed & exceeding small then have

ready as many corrance as your meat weightd

lett em be well washd and picked season

the meate with a little peper & mace as much

more of sinomond and Nuttmeg all small

beaten one pound of sugar a little salt

the iuice of a whole lemond the out skinn

shred uery small a little sacke an .....

White bread grated) mixe all these together

and shred small with halfe a pound of pippens the ..... .......

...) make your past of cold butter & warme water

baked in paetty pans

Veale mutten or tripes will

make good pyes affter this Receipt

For

page 164 (folio 76 verso) || page 165 (folio 77 recto)

To make litle cakes with currans

Take toe a pound & three quarters of fine white

flower three quorters of a pound of sugar

& three quorters of a pound of butter &

three pound of currans rub the buter into the

flower drye the flower hauing been dryed

by the fier then wett it with a sponfull

or two of cream & put in two egs whits

& all so makee it in to a past & then

strew in the currans thay must bee well

washt the lost watter being warm &

made thorough dry before they ar put

in one nutmeg servs for the seasoning they

must bee made of the bignes of peny

cakes & sugar strowed one them when

they ar put in the ouen

opening pruens

Take one quort of burage watter one ounce & half

of polipode two ounce of Tamarinds three ounce

of Sene one ounce of march mallow roots

bruised/ lett all thees infuse in the sayd burage

watter one whole night then strayne out

the liquor & stew therin as many damaske

prunes as the liquor will bear sweetned

with 6 ounce of white sugar candy

or uery fine sugar: eat of thees

prunes 3 four or 5 as occation requires

with sum of the siruop half an hour

before diner fasting or an hour

page 166 (folio 77 verso) || page 167 (folio 78 recto)

To pickle Barberrys Red Mr Stubs way

First boyle them in watter and salt you

must but Iust let them boyle straine them out

and let them be cold mix som watter and

salt let it be a reasonable strong

brine couer them close and keep them for your

use.

To make Vinneger my Mothers way

Take 3 pound of Mallago resons

stalks and all only here shred them throw

twise put to them 4 quarts of watter sett

it in the sun from may to August and

then let it be straind out and Barrill it

up

to make Barberys cakes

Take a pint of water & a good quantity of pipins

pard and cord, slice em in & boyle em till all the goodness

is out, then straine it & put a bought a pint of Barberys

or more picked from the stolkes as many as will colovr

it well, let em boyle in that liquore tell it tis of a

good colouer, then straine it & take the weight in sugar

put it into the liquor let it melt but not boyle

then glass it and set it into a stove,

page 168 (folio 78 verso) page 169 (folio 79 front)

Mrs Parrotts An Orange pudding

take 8 eggs leave out 6 of the whits beat em

well, then take 3 halves of preserued oringes

and beat em in a mortar small & mingle it

with your eggs and if it be not sweet enough

add loafe sugar which will serue, and melt halfe

a pound of Butter and stirr with it, and when

you haue mingled this all together put it in

a dish between 2 sheets of puff past and so

bake it in an oven as hot as for manchett,

To Make Orang Wine Captain potters way

Take six gallons of spring watter put it in it,

12 pound of the best powder sugar and whites of

4 eggs well beaten put them to the watter and

sugar cold, then boyle them together, 3 quarters

of an hour skuming it as long, as any skum

will rise then take it of the fire, & put in the iuce of

fifty sivill oranges withthe out sid rine peelld of

with out any white left on the peels, let it stand

till it be through cold then put into six spoonfulls

of good aile yest and six ounce of surrop of

sitton or Lemmons being well beaten and mengled

together , let it stand to worck two days and

two nights, then put in,to ^ 2 quarts of Rennish

wine, and put it in a vessall and stope it

close and let it stand a ffortnight or 3 weeks

then draw it into Bottles and stop em close

with new corkes thise wine will keep good a

year & it will be fitt to drinke in 3 or 4 months

How to make the malt of cherrys, the Lady

Drakes

Take fair well colered cherryes stone them

into selver Basson or skillit set em on the

fire and boyle em tell they come from

the bottom then put into them a pound

allmost of fine sugar thay must be wayed

before you sett them on the fire lett them

boyle a little with the sugar and put it up,

the Cordiall milke Watter, Lady Drakes

Take goats Rew meddow sweet cardus of

each six Handfulls, mint and wormwood of

each five Handfulls Angelloco too Handfulls

cut all grosly and bruse them a little then

power upon them three Gallons of new

milke and distill them in a common still

and nott to Low to make the watter eager

page 170 (folio 79 verso) page 171 (folio 80 front)

An excellint Orang Cream My Lady

Spencers Way

Take the iuce of 7 oringes 12 yolks of eggs

and 6 whites 4 spoonfulls orang flower

watter beat all these uery well together

and make it uery sweet with Lough sugar

straine it forth and put a good beace of

frech butter to it set it on a soft

fier keep it string till it be thicke,

you may put amber Greece eat it cold &c

A Rice Cream as thick as butter

Take a quart of cream to spoonfulls

of Rise flower a quarter of a pound

of sugar the yolk of an egg well beaten

with 2 or 3 spoonfulls of orang flower

water, mingell all to gether cold

set it on the fier keep it with continuell

stiring till it be as thinck as you pleas

never let it boyle, &c finiet

A Baked Carrett puding

Take 4 of the beet Red carrets and grate

em and a pound of grated penny bread

To make pufs

Take the curds of new

milke chees & to one pynt

of curds take one pynt

of flower the yolkes of

9 egs with the white

of one beat it all togather

with a litle thick cream

& sugar then drop it

one papers flowerd

and bake them and

seru with buter &

sack & sugar

For a pain in the stomach

Take an ounce of conserve of wormwood

a quarter of an ounce of Venice Treacle,

eight drops of oil of Iuniper mix these

together, & take as much as will ly

upon a three pence at Night, & morning

and two or three hours after dinner.

page 172 (folio 80 verso) || page 173 (folio 81 recto)

ffor the Ia^undise an excellent way

Boyle two ounces of the best Castle soap

with two quarts of small beer till it coms

to a quart skimming it uery well then

having set it a cooling, bottle it,

take halfe a pint every morning,

tell all is goon, warming it allways

before you drinke it Affterwards to

the tast out of your mouth; take som

conserue of barberrys use excesise

and eat nothing in two howers after

from Mrs Owens way

A Receipt for the heart burning The

Lady Drake 's Way

Still beane shell watter and sweeten itt

and Drinke a Draught of it 3 times a day

for a cold

Take a pint of mild aile and boyle it then

brue it with 2 spoonfulls of pounded Oatmeale

and sweeten it and drinke it you must nott

sett it on the fier

To make aprycock cakes

Take your Aprycocks and waye

them with the stones & parings

to a pound take a pound

of double refyned sugar then

payre them and cutt them

in to a siluer bason in litle

bits sett it one a chafindish

of coels and stir it continua

lly: till it is boyld all to mash

and lookes lyke buttered egs

then putt the sugar into a

skillet melting it with a

litle water lett it boyle

to a hard candy then put

the aprycock to it and

lett it stand one the fyer

till it is well mingled

& and iust boyles up and

so putt it in to litle white

sasers for the purpose

and store them with a

gentle fyer till they bee dry

page 174 (folio 81 verso) || page 177 (folio 82 recto)

For the Piles

Take a good handfull of Leeks pickt &

washt very clean, pound em very small,

then make to or three little baggs with very

fine cloath, put your Leeks into the baggs &

boyle em a little in half a pound of fresh

butter, iust out of the churn, so apply em

as hot as you can bear it, you must sit

down or lye down

The same liquor as the bags are boyled in

is a very good ointment for it

You must drink for 3 mornings a good

handfull of Mallards, boyld in a quart of

Whey. old Russels way.

To Make Eye Watter, Mrs

Lance

Take 2 pennyworth whit Rose

Watter and putt it Into itt one

pennyworth of Lapis Calaminaris

Shake itt well to gather and putt into

it, 3 or 4 spoonfulls of Renish wine

you must shake the Bottle

uery much euery time you use itt

A medisin for the stone

the vertue of oake

Take acornes & dry them to

powder it is uery good for the

Colicke & stranguillon & stone

of the reines of the back & any

diseas of the belly the same eaten

staieth vomit & expelleth

fleghm unstopeth the liuer or

the milt helpeth the diseased

hart the cough & the grieued

stomach & represeth the windenes

of the stomack the watter or

powder of acorne is good against

the plauge the watter of oaken

leaues restored a man infected

with the plaug when the phisitians

had giuen him ouer): the leaf

helpeth any sore canker or

prick the buds stilled ar

good for a surfit or the plauge

page 178 (folio 82 verso) || page 179 (folio 83 recto)

Orange Wine / my neice Turners

way

Take twanty gallons of spring watter

to forty pound of clean white sugar

clarifie it one the fire tell it be very clean

clean and haue in ready two Houndred

Civile oranges par'd uery thinn as soon as

as you take the scirupe of

putt in the pills couer it close and

when the scirupe is all most cold putt in

all the iuce and no seeds putt in all

the Iuce of six lemmon's on more

and a pound of sugar mix with

it, putt in 3 or 4 spoonfulls of yeast

lett it worck three days then

Barrell it up and putt to it two

Gallons of white or Renish wine

stope it close for six weeks

then Bottle it with a lump or two of

double refined sugar

An old mirable good water

Take of lauender flowers

stript from the stalkes & fill

with them a larg gallon glas

& powre one them good sprit

of wine to fill the glass then

let them stand in a warme

plase for the spase of 6 weeks

uery close stopt then take

flowers of sage rosemary

bettony of each one handfull

burage flowers buglose flowers

& cowslip flowers clean pickt

of each two handfulls steep

them allso in good spirit of

wine euery of the flowers

gathered in its .. time then

hauing steept them 6 weeks

each according to its season

put them all togather then

take baume motherwort spiknard

bay leaus & the flowers & leaus

of oranges of each one ounce

shop the flowers & hearbs

steep them allso six weeks

in spirit of wine or

page 180 (folio 83 verso) || page 181 (folio 84 recto)

perfect good aquauite

then take the yellow thin

pills of citron or for want

thearof lemon peels pyonyseeds

hulled of each 6 drams Cinamon

halfe an ounce lignum aloes

as much mace cardamonds

Cubibs yellow saunders in powder

of each halfe an ounce nutmegs

halfe an ounce put those in

the foresaid spirit of digestion

& ad to them iuiubes the

kernels taken out & shred small

halfe a pound so let them

digest togather again six

weeks then distill them

in a limbeck & receiue the

water in severall glases

put into it of prepared

pearl two drams prepared

smaragestone one scruple

ambergrees musk safron of

each half a scruple of dryed

red roses of yellow & red

saunders shauen small of each

one ounce put them in a

scarsnet bag & hang them in it

This water is of exseeding

great virtue in all sounding

weaknes of the hart & decaing

of spirits & in all apoplex

palsey in all pains of the

ioyntes coming of cold in

all bruises outwardly bathed

& cloths diped in it & layd

to it strengneth the memory

take a quarter of a sponfull

& fast after it it taketh

away gidenes of the head healpeth

the lost hearing bringeth a

pleasant breath if you take

morning & euening a quarter

of a sponfull with crums

of bread & sugar it helpeth

the lost speech

page 182 (folio 84 verso) || page 183 (folio 85 recto)

Lilly of The Vally Water

For The Chollick.

Take one ounce of Anniseeds half an ounce

of the best Ruberbe. both in powder and two

ounces of white sugar. mixt with as much

Venus Turpentine, as will mak itt in

Pills, Take 5 att night going to bed

and 5 in the Morning make them of

an vsuall sise. and drinke a draught

of warme ale after them. take

them 3 dayes together and Rest 3.

and soe goe on.

They cured Mrs Nicholls of Oxford

affter she had bin sick of the Chollick

above 20 years

agust the 14 1731

for work for Iohn 11 days at

harvest work 2 days and a half

a pecken of straw

hay maken 2 ouers

page 184 (folio 85 verso) || page 185 (folio 86 recto)

page 186 (folio 86 verso) || page 187 (folio 87 recto)

Almond bisquett

ten yolkes of egs 4 whites a pound

of loaf sugar searsed beat them togather

one hour then putt in half a pound of

Almond blancht & beaten with a litle

watter uery small beat them with the

egs & sugar one hour then put in

six ounces of flower finely searsed

& dryed beat that in an other

hour then buter sum plates poure

it in & bake it in an ouen

as hott as for manchett

Cheesecakes Mr Russels way

Run 2 quarts of milk warme draine

the whey from it as dry as you can

almost prest like a cheese then pound

it very fine. 3 ounces of butter pounded or

melted into it with two spoonfulls of grated

bread three eggs two or three spoonfulls

of sack sugar and nutmeg as mutch as

you please

Collerd Beef Mr Russels way

The thin end of ^ a Breast of young beefe I

think best though most doe the flanke,

Cut it fit to Coller spread it in a pan or

dish, a peice of beefe of 6 pound will take

about an ounce of salt peter beat with

two or three ounces of salt. rub it on and

let it lye three days and turn it twice

a day then season it with pepper cloues

& mace and sweet herbs if you please

tye it up with tape hard. bake it in a

pot as fit for it as can be got, bake it six

or eight he.. howers .. in a little water &

claret you may bake it with or let it stand

after the houshould bread close spopt up

with paste is best, garlick a clove or two is good

if you like it

page 188 (folio 87 verso) || page 189 (folio 88 recto)

Collerd pig Mr Russels way

Cut of the head, and split it, bone it and lay

it in water and hour, then dry it and make

it up in two Collers each side one seasoned

with pepper salt cloues and mace and a

little parsley Cloues & sweet hearbs & a

little sage if you like it. boile all tender

(the head will be boiled before the Coller)

in water and salt. pickle it in Clarefied

wheay and salt/

A plaster good for Consumption

Lay upon the stumach in the

shape of a heart

Take Burgandy pitch Rosen bees

wax of each two ounces melt them

to gather then take an ounce and

halfe of Course Turpintine one ounce

of Oyle of mace melt all to gather

and spread it one halfe a sheep skine

and great a nuttmeg upon it

my neice Turner : Receipt

page 190 (folio 88 verso) || page 191 (folio 89 recto)

Water for the Eyes called in France.

Break Spectacle Water. The honorable

mrs Albyns Receipt.

You must take the Flower called

Blewbottle gathered with the Cup,

what quantity you please bruise

them and then infuse them in a

sufficient quantity of Snow Water

and after 24 hours infusion Distill

it and keep it for use, some drops

of it are to be put into the Eyes

morning and Evening.

To preseru orange & lemone

without the peel

Mrs Hambiltons Receipt to preserue Gooseberrys

Take Gooseberrys when full growne but before

they turn colour, Choose the largest and

fairest of them weigh them and to every

pound of gooseberrys take a pound of

double refined sugar cut your gooseberrys

in halves and pick out all the seeds then

take as mutch clear water as will just

serve to wet your sugar keeping out a

fourth part of your sugar which is to be

reserved to strew upon them afterwards

when they are boyling, In the mean time

let the other three parts of your sugar

boyle until it comes almost to a Candy

hight, then put in your goosberrys and

boyle them as quick as you can strewing

upon them by degrees as they boyle the

reserued sugar, and when they grow clear

you are to account them boyled enough

if you suffer them to boyle to long

they will be apt to turn colour when

you glass them up turn the whole end

upwards in the top of the glasses/

page 192 (folio 89 verso) || page 193 (folio 90 recto)

To make a ffriggezee of Lamb

Mr Russells way

ffirst Cut your Lamb in middleing stakes,

then shred some parsley and an onion or

two with peper and salt and a blade or two

of mace put in water enough to stew it & 2

Anchoves, put in some butter, then take the

Yoakes of three Eggs & beat them well with

2 or three spoon fulls of white wine or some

of the Broth, mince some Capers & put

them to the Eggs put in another peice of

Butter then a durst of fflower to the Eggs

then take some of the Liquor from the

meat & put to your Eggs, then grate alilttle

Nutmeag into it, You must stick aClove

or two in the onion.

page 194 (folio 90 verso) || page 195 (folio 91 recto)

To bring away the affter bairthen in weomen lett

her drink her husbands watter

To make orange cakes

Take the orange pill scrape it thin & boyle

it in toe or three watters till it bee tender

then chop it as small as you can) you must with

a knife pike out all the pulp of the orange

takeing away the seeds. then way the pulp

& take the waite in double refined

sugar: melt the sugar with watter & then

sett it one the fyer & when it boyles stir

it continually till it is boyld to suger

again then take it ofe the fyer & put

the pulp & ioyse to it & as much of

the pill as you pleas so stir it till it

bee melted the orang

must bee warm before you mingle

it in they so putt it in to cords or

a hard candy one the top then turn

it out apon glas and so dry the other

side if it bee well done it will bee

long a drieng & must haue a constant

fier kept to it not uery hott

you may putt half lemon & then

you must take the more sugar &

if you take all lemon then but ha

put the wait & a half of sugar

if you pleas you may put in pipin

page 196 (folio 91 verso) || page 197 (folio 92 recto)

page 198 (folio 92 verso) || page 199 (folio 93 recto)

A medisin for the plauge

Take 3 pyntes of malmsey & boyle thearin a handfull

of sage & a handfull of Rue till a pynte bee wasted

then strain it & sett it ouer the fyer again then

putt thearto a penyworth of long peper half an ounce

of Ginger & a quarter of an ouns of nutmegs all beaten

to gather then lett it boyle a litle and putt thearto

4 penyworth of methrydate 2d of treacle a quarter of

a pynte of good aquavite): take it warm both morning

& euening a spoonfull or two (if you bee allready diseased &

sweat thearapon) if not onse a day is suffiscent

in all the plauge time under God trust to this for

thear was nether man woman nor child that it

desceivd if the heart bee not clean mortyfied & drowned

with the diseas before this is not only good for

the plauge but against the small pox surfets measels

& many other diseases

To cure the whites & strengthen

the Backe

Take a pynte of Claret wine & half a spoonfull

of red saunders and as much of the pith of an ox

as is in the chine the length of your finger boyle all thees

to gather till one quarter of the wine bee boyled

away then drink of the clearest of it (firs & last)

being warmed

for the stone

Take one ounce of the siruop of allthea & a half peny

worth of powderd lichorish as much hartshorn finely

grated as will ly apon a sixpens leaf goule the breadth

of a shilling sugar candy the quntyti of two hasell

nuts finely powderd mingle all thees well to gather

in a litle galley pott & bind it close with a leather

couer and lett it stand 4 days then take the quantyty

of a Hasell nutt 3 mornings to gather & so leau it and

then take it again as you finde it agree with

your body

page 200 (folio 93 verso) || page 201 (folio 94 recto)

A good medysin for a sore brest

Take currans and picke them uery well & beat them

to a salue you may putt hony sum time to itt this will

heal sore brests & a fellon you must lay it on warm

aproued by Mrs waller

A drink against melincholy

Take of balme rosemary sweet marierum Betony of

each a handfull of burage & bugles rootes scraped

& sliced & fenell rootes of eache a like quantity

of cowslip flowers & marygold flowers of each half

a handfull of reasons of the sunn stoned aboute 40

of fenell seed three spoonfulls putt thees in a stone pott

of three quarts and putt one a potle or more of good

beer and putt in this an ounce of sliset nutmegs

drink euery day a draught of this in the morning

fasing & at fiue a clock in the affternone

page 202 (folio 94 verso) || page 203 (folio 95 recto)

To dry up olde & new woundes

Take a potle of blacksmiths water whearin steele

hath been quencht seeth & skim it and then put to it

three handfull of sage one handfull of plantain

8 sponfulls of hony halfe a spoonfull of Allum & seeth

all togather till it bee halfe consumed then strain it

& use it at your pleasure

for a sore brest

Take the kernells of quinses & dry the in an ouen

& when you use them take twelve and boyle them in

three spoonfulls of rose watter till they come to a

ielly then lett the woman wash her brest with it

w blood warm

for the bleeding of the nose

Take sage and dry it ouer the fyer in a fryeng

pann & when it is well dryed stop your nostrills with

it & it will stop the bleeding presently

page 204 (folio 95 verso) || page 205 (folio 96 recto)

for the headache

wett a cloath in the iuyse of sallendine & aply it to

the temples & it will giue speedy eas

Docktour Knowles plaister for the backe

Take two pound of oyle oliue of the best 2 pound of

red lead 1 pound of white lead uery well calmed into

dust 12 ounces of spanish soape & incorporate them

all togather in an earthen pipkin well glased before

you lett it boyle & when you see that the soap cometh

upward then sett it apon a small fire of coales

continuing the same fyer for the spase of an hower

and halfe still stirring it with a sticke then make

the fyer sumwhat hotter till the rednes bee turned

to a gray collour & so stir it till it come to the

colour of oyle sumwhat darker then drop it apon

the table if it stick not to the table nor to your finger

it is enough then rowle it in to rowles it will

last many years

This plaister is good for thees uses

being layd apon the stomach it procureth apetite

& taketh away the paine of the same): layd one the

belly it is a present remedi for the collicke): layd

one the raynes of the backe it is good for a bluddie

flux for the running of the raynes for the heat of

the kiddnis & for the weaknes of the back):

it taketh away all aches it breaketh fellons

& pushes & cureth imposthumes and healeth them

being layd to the fundament it healeth the

diseas that groweth thear being layd to the

head it is good for the lunacie & helpe the

hedache & is good for the eys being layd to the

belly of a woman it causeth her terms and

maketh her apt for conseption

page 206 (folio 96 verso) || page 207 (folio 97 recto)

for a woman newly deliuered & for the stone

Take a stags pizel & dry it and grate it and so take

as much at a time as will ly apon a groate

page 208 (folio 97 verso) || page 209 (folio 98 recto)

the passion of the stomack the paine of the blader

& lower parte of the belly & thighs it prouoketh

urine it is very good for wormes in chilldren,

for the goute in the hands which is the palsey & for

deafnes Probatum east

page 210 (folio 98 verso) || page 211 (folio 99 recto)

A receipt of the oyle Hipericon

Take a wine pynte of olde oyle oliue 2 pyntes of the

best white wine: 8 handfulls of the flowers of St Iohns

woort being picket from the green which you must

bruyse in an aleblaster morter: & putt the oyle

& wine in to a glas stopped uery close that no

ayre can get in setting it in the sunn two days

then you must boyle it in a pot of fayre watter

such as your glas will easyly stand in and stuf it

well with hay that it stir not in the boyling

& when it hath boyled halfe an hower strayn

it through a clean cloath & putt new fresh flowers

to the quantiti that is sayd before this must bee

done three times setting it in the sunn after

euery boyling as is aforesayd then after the 3

boylings strayn the same uery hard & measure it

& putt to euery wine pinte 12 ounces of Venise Turpen

tine: six ounces of oyle of allmonds Dictamon Gentian

Turmentilla Callama Arematic Carlima cardisanto

of each of thees 4 drams of red earth worems 4

ounces oftne washed in good white wine the woormes

must bee slitt apon a bodkin): you must beat all

the rest in a morter but not the woorme then put

all to gather in to the aforesayd oyle putting allso to

euery pynte 3 penyworth of english saffron whole

then put thearin three good handfull of St Iohns

woort flowers well bruysed & so being mingled

all togather you must sett it in the sunn for the spase

of :40: days or in an ouen when the bread is

drawn after that you must strain it in to a

glase bottle well closed up & so keep it for the

ellder it is the better it will bee

The vertuse of the sayd oyle

ar thees it is hott & dry it maketh sound & helpeth

all wounds in a short time yea the sinews being

cutt it is good for any burn it easeth maruelously

page 212 (folio 99 verso) || page 213 (folio 100 recto)

page 214 (folio 100 verso) || page 215 (folio 101 recto)

for the cough and the Ruhyme

halfe a pynt of the iuyse of rosemary

flowers half a pint of colefoot iuyse

as much iuyse of hartseas as much

iuyse of isop as much of the iuyse of

ierusalem sage halfe a pynt of Isop

water the second beating of the hearbs

thear must bee put in a litle

Isopp water to get out the iuyse

when they ar all beaten & strained

thear must bee halfe a pint more

of Isop watter put into the iuyses

& set apon the fier in a bason and

let it simber half an howre & then

strain the liquor then take two pownd

of white sugar candy & beat it uery

small put in to it & sett it one

the fier again stiring it untill it is

boyld to a siruop then take two pound

of english liquorish made to powder

& searst & make it up in to pills

being taken ofe of the fyer when

you put the liquorish in then

dry them uery well in an ouen

when they ar made up and then

keep them in a dry plase

page 216 (folio 101 verso) || page 223 (folio 102 recto)

For Pasty of Vension

A Receit to make the best

Pan: cakes

To a pint of sweet cream, put 4 eggs

well beaten and as much flower as well

make it into good batter, not too thicke

Then put in to the batter a quarter

of a pound of sweet butter set it on

a Hott hearth till the butter is melted

then fry em in a dry pan my mothers

way

A Receit to make good sawages

Take the fatt of backon and som leane

necke of beefe an equall quantity,

beat togather uery fine season it

with pepper, and salt, with good store of

sage shred uery small put it into

Hoggs or sheeps Gutts

page 224 (folio 102 verso) || page225 (folio 103 recto)

To make a good boyld pudding

To a quart of cream take 8 yolkes & 4

whites of egs & two sponfulls of flower

season it with sugar & a litle salt beat

it well togather then poure it in to

wodden butter dishes & ty it fast up in a

cloath flowerd that it may nott stick

the dish must allso bee buttered) lett it

boyle two houres & then turn it out

whole in a dish with wine buter

& sugar for sawce

to make cream de sotville

take a good quantity of milk from the

cow and putt it in an earthen pan

so let it stand till it is cold & then

sett it one a soft fyer till the cream

rise uery thick: then take from an

other pan cold cream & lay at the

bottome of a white dish then with

a great skimer take the other ofe

whole & lay it one the cold cream

lett it stand an hour & then eat it

page 226 (folio 103 verso) || page 227 (folio 104 recto)

To make a water most Excelent

against Malencholly, Lady Spencers

Way

take Gilliy flowers, and rose mary

Flowers of Each 4 handfulls, of

damask rose Leaues 3 handfulls, of

red pinks 6 handfulls, of Burrag and

bugLass of each 3 handfulls of

Cowslips & MaryGolds of each one

handfull of Balme 6 handfulls

steep all thess in a Bottle of sacke,

then take halfe an ounce of

synnamon, 3 penneworth of safferon

one ounce of nutmegg one of

Annes seeds pound all thess grose

and stire it all togather, still

it in a rose still pasted close

with a soft fire and when it is

stilld put in som white sugar

Candy, Take it 3 times a weeke

or as oft as you please, &c

page 228 (folio 104 verso) || page 229 (folio 105 recto)

Mother Charmes watter most Excell

ent for sore throate, & deseases of the mouth

take a wine Bottle of Running watter

2 ounces of pellitory of spaine roots

a Good quantity handfull of pelitory

of the wall, & halfe an ounce of pioney

seeds, bruise the roots, & seeds togather

in the water and set it upon a soft

fier and let it boyle halfe an hour

after that take it ofe and straine it

throw a haire sive let it stand halfe

an hour to settle then powre put the

Clear into a Kettle then powre agine &

put into it as much roath Allom as

2 wallnuts and a pint of the best wine

Vinegar and as much Live honey as

will sweeten it to your tast, then cou^or

the Kittle till it boyle take offe the Couor

and then let it boyle softly at le^ast halfe

an hour, scuming it as Long as Longe

as any scum will rise, then put it up

in to a stone bottle & let it stand till

it be cold, and then stop it close it

will settle thick at the bottom Like Lees

which doth preserue it and so keep it in

a cold room it will Last one year.

uery good. &c Finest

The true Receipt of pearle watter

The Lady Jane Cheney 's way

Take a quart of spirit of Lemons &

put in to a well Glazed pipkin that will

hold a a Bottle then take 19 9 ouncs of

^Litrage of Gold prepared and 8 ounces of pearle prepared & put thes two in to the

said pipkin withthe spirit of Lemon & stir

them togather for a quarter of an hour,

then put the pipkin ouer the fier in the

Kittle of water stiring it till the water

boyles, then take out the pipkin & stir it

till it be all most cold then let it stand

for 24 hours, & Gently pour of the clear

spirit ^ From the Litrage & pearle take the said clear spirit and put it in a clean Large

Gally pott & let it stand 12 hours, &

if there be any settlement pour it

againe in to another pipkin contain

ing 3 quarts then take 4 ounces of

salt Gemm wash it uery well and then

dissolve it in halfe a pint of fair

warm water you must stir it till it

be dissolve it in hafe halfe and

haue ready 4 ounces of oyle of tartar

then put it and the salt Gemm to the Clear

spirit which is in the Large pipkin and

the time it is pouringing in, which

page 230 (folio 105 verso) || page 231 (folio 106 recto)

must be in a small stream let on stir

the spirit & as tis mixing you will see the

purest white powder arise in Clouds, by

which you may know that though the spirit

of Lemons be poured clear from the

Litrage & pearle yet it doth containe

that part of them which was capable of dissol

uing when this is done pour ofe as

much of the Clear as you can let the

thicke white remain to which you must put

2 quarts of the fair spring watter

& then stir for a quarter an hour, then

after 12 hours setling pour ofe the

Clear water but let the white

remain, & to it pour the same quantiy

of water as before and so do for i0 days

once every day shifting it on the

Last of the i0 days when you haue

poured off all as clean as you can

put to that thicke white which

remains a pottle Bottle of Briony ^Be... water

or more as you please to haue it in

the thickness

The Litrage of Gold is bought at any

Appothcarys for 2dthe ounce, the spirit

of Lemons is nothing but the iuce of

Lemons distilledged in a Copper Lym

back the Iuce may be bought cheap

at any Confectiones the pearle

Is only such as is taken off the

Mother of pearle shells, the shining

part of it only such as is taken

and that burnt in a Calac^ining pot and

then ground to a fine powder on a

marble, this watter will keep 20

years and every year vill be

better then the Other

Finest

To Scour 3 dozen of pewter plats

and eight dishes, If more

add a greater quantity

Take a quarter of a pound of Pearle Ashes

and a quart of the strongest stale Beer

that you can gett & as much sand as is

Commonly used mixt them togather

and lett it stand a night and a day

Ready for use then scour your pewter

upon with a peice of flannel

and then Clense it with Beer & Red

sand, useing a peice of shimy

Leather,

page 232 (folio 106 verso) || page 233 (folio 107 recto)

My Greand Mother Garrards Recipt

to Make Lozinges

on penny worth of powder of Liquorish

on penny worth of powder of Annice seeds

on penny worth of powder of Alecompaign

mix all thess togather then take Loafe

sugar & wet w it with hysshope water

& soe boyle it to a Candy height,

then put some of thesse pouders in,

as much as you thinke Good, & soe

stir it well in the Candy and soe

drop them upon papers in Little

Dropes and when they are cold

pull them offe &c Finest K: D:

For the Tooth ake Approued

Take a Little Tarr Layd up in a cloth

and hold it hard betwixt your teeth where

the paine is and Ly down of the contrary

side and let the reume rune out of your

mouth

An exelent Electuary to open

the chest being stopt with

tough fleghme

Take an hony Combe newly

taken out of the hiue & lay it

in a plater & let the clean

hony run from it to the

quantiti of a pynt or a quart

then take two handfuls of

penyroyall shred it & stamp

it mix it with the hony if

you haue but a pynt of hony

take but an handfull of it

mingle it togather & eat of

it morning & euening a

sponful at a time or les

as you shall think good

page 234 (folio 107 verso) || page 235 (folio 108 recto)

page 236 (folio 108 verso) || page 237 (folio 109 recto)

A scurvigras drink from

the lady scidmore

Take garden scurvigras .4. hand

fulls half as much brooklime

& halfe as much brown water

creses shop them a litle then

take as much barly meal as

wil make it up in to past

then mould it up into litle

loaues bake them in an ouen

well & when your beer is tund

& workes break this bread

in peeses hot put it in to

your beer at the bung hole you

may put in anyseeds or fenel

seeds you may drink it

constantly a week 4 gallons

of ale is enough to this past

page 238 (folio 109 verso) || page 239 (folio 110 recto)

page 240 (folio 110 verso) || page 241 (folio 111 recto)

for the stone & toe

keep one from it

Take the skin of the gizard of

a capon clean vashed & scraped

& dryed & beat in to gros

powder & take allmost a sponful

at a time in a mes of potage

for wind in the side

Take Cammomill flowers millelot

flowers & Comine & brann make

a bag & stich it materis wise

dres it with malmsey & lay it

hot to the side

To stay the flux in

an infant

Take a smithes sindars & make

them hott in the fyer put them

in a pan & cast rose Vineager

apon them & set the child ouer

it to let the steam goe up in

to the body

To putt up the pallet of the

mouth

Take a Little Aloways upon the top

of your finger and s..t put it in to your

mouth as Low as you can, and it

will make it fly up &c

for an extream paine in

the belly

Take a quart of oates parcht

in a fryeng pan with a litle

moistening put them in to a

lynnen bag & lay it apon the

navell & apon the lowest part

of the belly & when it is cold

take it ofe

For the stranguilon or stone

Take parsly wild thime saxifrag

pellitory of the wall of each an

handfull steep them all night

in new red cows milke slise

amongst the hearbs redish roots

& then in the morning still

them all with a soft fier

& so keep the water & take

thearof 4 or 5 sponfulls mingled

with 9 or ten spoonfulls of

renish wine & white wine

first & last for the spase

of three days) this resceipt

did help one that was in

such extremety that hee should

haue been cut for the stone

page 242 (folio 111 verso) || page 243 (folio 112 recto)

My Lady Marwoods reseipt for a cold

and shifing in a childs stomake

Take a Little quantity of Annyseeds

finly powdered and sersed thro a fine

sive and put as much fine sugar &

then take as much freesh butter

without salt as will well mix the

powder and sugar & give the child

as much as a good Large Hasell

nutt three tims a day it is a good

receipt &c

A Good feaver watter

Take of Dandelyon and red sage

and pimpanell of each a Like

quantity and distill it in a cold

still g and give this in a fever

in a glase sweeten with fine sugar

as often as you pleas, &c

Lady Marwood

243

My Lady Keyts Reseipt for sore

eyes

To tow spoonfulls of red fenell watter and

two spoonfulls of white rose watter put as

much prepared Tuty as will lye one upon

a sixpence and as much white Copriss as

a great pinns head shake it well to

gather when you use it and dip a feather

in it and drop it into your eye twise

a day morning and night but be sure

not to goe in the ey re till halfe an

hour after if the eye be blood shott

put in some white sugar candy &c

To make Hare come

Take every morneing black snayles

pricke em all over and rub the

routes of your hare with the oyle

that coms out of the snayles,

this will bring new hare apace &c

Conscientia mala

page 244 (folio 112 verso) || page 245 (folio 113 recto)

To make french Bread Lady Cobs way

Take halfe a peck of wheate flower

and halfe a pint of ale barme and

two pints and a half of new milke

heate the milke till it be luke warme

or warmer in cold weather and

when you haue warmed it

season it to your tast with salt

then putt your barme to it and

mix it em well to gather and make it up

to a uery light dough but it you have

not so much seasoning as will make

it light enough put in warme water

and when you haue well wrought it couer

it with a warme cloth for the space of

halfe an hour, the n mould it up in Loves

so big as you pleas and put em into

dishes well warmed & flowerd &

cover em with a warm cloth until

thay be fully proved then set em in

an oven wel heate at a convenient

distance from each other so let em

stand three quarters of an houre

you may take em out and chip or

rasp em if you please,

Conscientia bona

244

Sauce for Boyld Chicken Lady Cobbs way

Boyle Aertichoks and take the Bottoms and

scrape the meate of the Leaves & hash the

Leaves Meate very small with A spoone

stew that and the Bottomes in whit wine

With a blad or two of mace and a very

Little sugar when it tis enough putt in

a good heale of thicke Butter with the

yolke of an egg you may putt in a

Little Sacke if you please Boyle your

Chickens white putt dipthemour in the dish

with the Bottoms of the Artichokes

undear, and poure the Sauce over em

garnish the dish with Lemon & Barberrys

To Make Sassages

Take a Leg of porke the fatt and lean of

Like quantity and cut it seuerally with a

knife then mix em to gather & putt into it

a little mace cloves and peper a handfull

of sage and then other sweet herbs then

beat all togather with a Rowlingpin &

make it up into a Lumpe and when you

fry them roll them in grated Bread

Coniugalis Fides

page 246 (folio 113 verso) || page 247 (folio 114 recto)

Confissio

246

Coniugium

page 248 (folio 114 verso) || page 249 (folio 115 recto)

the vertues of the

flower of salues

it is good for old & new

woundes for the head ache for

singing in the brain: & for

all manner of imposthumes in

the head: swelling in the eares or

cheeks: sinews shrank or

spraind or stark it draweth

out any splints of bone or

wood or thorn out of any

part: it is good for the

..th biting or stinging of

any uenemous beast & rotteth

& healeth all maner of botches

& is good for Noli:me:tanger

it driueth ache out of

the liuer raines or speel

breaketh imposthumes &

healpeth the Embrodes & uery

good to make a sear cloath

Concoedia

for the gout or ache

the use of it is to spread

it apon sheeps leather

the skinn side prickt

full of holes this is allso

this is allso good to bee

taken inwardly for the spleen

or any ulcers of sores it

is to be take 4 or 5

pills of the bigness of a

peas morning & euening

page 250 (folio 115 verso) || page 251 (folio 116 recto)

Comunio rerum

To make the flower of salues

Take half a pound of rosin

half a pound of parr: rosin

hald a pound of frankincens

one ounce of mastick :2: drams

of Camphire 4 ounces of bees

wax: 4 ounces of Deeres suet

pound all thees & melt them

all togather then straine it

into a potle of white wine

& put it in to a clean

skillet & sett it one the fier

& make it boyle up) then

stir it till it bee allmost

cold & then stirr in a quart

of a pound of tar...t

turpentine & make it in

to roles & wrap it in oyled

papers

page 252 (folio 116 verso) || page 253 (folio 117 recto)

Comitas

To make Loaves, Mr Russells

Take the Oysters clean and dry from Liquor

& shells, strew em a bout quarter of an hour

with about six ounces of butter, to a pint

of Oysters, a shalet or an Onyion whole, two

blades od mace pepper, and salt, a little

spoonfull of Varges, take 3 or 4 french

Loaves cut holes in the top, take out the

Crum, and fill em your Oysters cover

em withthe peice that came of the top,

bake em a boutt halfe an hour, in a

slowe oven, when you serve em, putt in

the Liquor that they were stewed in &

a little butter melted with it, to your discretion

If you desire em stew'd only put a little

peice of butter workt up or rowld in

flower boyld in the Oysters to thicken,

or with the yelk of an egg,

252

To make a Cake. my

Lady Doylys way

Take a pound of fine Flower

well dryed; as much fine loaf shugar bea=

ten when both are dryed hot mingle them

together and sift them through a hair sive

as soon as this is done, begin mixing of the

Cake that makes it the lighter, Take apound

of butter and put it into alarge bowle with

three or four spoonfulls of Rosewater work

your butter with your hand till it has taken

up all the Rosewater and the butter be very

soft, then by degrees let one strew in half the

flower and sugar, you must have ready a

Eleaven yolks and 5 whites of Eggs well beaten with

3 or four spoonfulls of sack, put them into

the Cake stirr them well together then put

in the other half of the flower by degrees as

before still keeping it well beat with your hand

then put in a quarter of apound of Cariway

seeds; after these are in put it into your Hoop

and sift some fine sugar ouer it and set

it presently into the Oven, If you please with

your Carways you may put in a quarter of a

pound of citern a Orange or Lemon peal, you

must have your oven hot before you begin to

make your Cake, which need not be hotter then

for french Bread, it must stand in the Oven an hour and

quarter

page 254 (folio 117 verso) || page 255 (folio 118 recto)

Calum

254

The Water for Convulsion Fitts

Lady Trevors

Take one pound of the best single Piony root

washd clean, & slicd uery thin; put them into

three pints of good white wine & past it down

very close, & let it infuse all night in

warm embers not too hot, then strain

it out, & put to this quantity a quarter of an

ounce of Castor powderd, An ounce of spirit

of Castor; thirty grains of the Moss that

grows on Dead mens sculls, And thirty Grains

of the scull itself finely powderd; then lett

all this be shakd together for half an hour

with a strong hand.

To Pickle Hamms S. L. Mordaunts

Salt your Hamms Eight & Twenty Hours

with Common Salt, then Take two

pound of brown sugar; Three pounds

of bay Salt; four ounces of salt

Peter. Put these into four Gallons

of Pump Water, Boil it, and Scumm

it well, Let it stand till Its Cold, then

put in your Hamms, and lett them lay

three weeks then smoak them being

pinnd up in Brown paper. This quantity

is for two Hamms; you may put Tongues,

page 256 (folio 118 verso) || page 257 (folio 119 recto)

or beef of leg of Mutton as much as

the pickle will Cover.

Calibatus

256

page 258 (folio 119 verso) || page 259 (folio 120 recto)

Clementia

Mrs longs blake searcloth

Take half a pound of red lead & a

wine pint of sallet oyle as mutch

sentcheneal as will ly one a groat brused

put all these in to a skillett set it ouer

the fyer & let it boyle half an hower

not uery fast stir it all the while

with a siluer or bras ladle when you

perceiu it to bee clack & stif for

a searcloth take it from the fyer

& dip cloaths in it and hand them

one a brush fagett to coole & so

lay them up for you use this is

good for a sore breast & toe dry up

milke and to lay to the temples for

the tothache and will heal wounds

258

To make a peck cake

Take to a peck of fine flower 5 pound

of carow & a pound of sugar 4 pound

of butter an ounce of mase a wine

quart of uery good ale yeast in the sumer

cream you may take half a pound of buter

the leas you may rub your outer dry into

the flower till you can hardly perceiu

it then put in your other things it

must bee wett, but three quarters of

an hower before you sett it in? you must

keep it couered then must make it but

a litle stifer then puding and make it

up in two cakes for it will cum

uery broad when it is made up pinch it

full of holes betwixt your fingers then powre rose

water apon it then take of the sugar

page 260 (folio 120 verso) || page 261 (folio 121 recto)

Ciuilium rerum ufus

afore sayd and strow apon it

and put your cake apon .ep paper

and flower it well and leau it

a great deal of rome to run apon

if it bee in two cakes an houre

will bake them if in one half

an howre more at least

mythe lady bridgmans cordiall

water

Take sage sallendine rue rosemary

rosa solis mugwort pimpermell dragons

scabius cordium Auens lauender cotten

Egrimony balme bittoni flowers & leaus

centory flowers & tops angellica sweet

margerom wormwood Cardus maregolds

mints rosemary flowers cowslip flowers

260

of each a good handfull: allso the

rootes of ellecampane peionie licorish

zednor & angellica of each half an

ownce wipe the hearbs with a dry

cloath clean & shread them small

sel slise the rootes & mingle with them

wine & one quart of sacke puting it in

seasoned keep them close couered one day &

then distill them in an ordinary still

with bowle arminack & the white of

an eg then still it with a soft fyer

keep the first quart by it selfe 3 pyntes

of the second as much of the last & weakest

page 262 (folio 121 verso) || page 263 (folio 122 recto)

This watter is to bee taken blood warm

with a litle suggar you may take three

sponfulls of the strongest of it & fiue

or six of the weakest at a time you

may giue to or three sponfulls of it

toe litle children it is uery good in

convulsion fits and is usually giuen in

feauers or surfits or against

infection of the small pox or plauge

for a sprain

take the brine of beef warm it

and bath well with it & it

helpeth

Ciuis

262

To make Plumb pottage Lady Cobbs way

Take your marrow bone clod & boyle

it tell it be halfe enough then put

to it 4 Loaues of the best manchett sliced

some cloues and mace corrants & reasons

of each two pound pruens one pound

when it is boyld putt to it sacke

vineger and sugar and giue itt

another warme &c

to preserue whit pare plumes

Stones the plumes and take the weight

of sugar and boyle it candy about

the dish side... then putt in the plumes

with the sel slittes down wards lett

them stand on embers on a skillett

of watter tell one side is tender

then turne them and lett them stand

till the other sid is soft enough then

take them out & boyle the sirup high the n

poure it hot on em & let em stand two

days the n sett em on a soft fire when

they boyle turne em & lett em stand a

week the n take out the plumes & boyle the

siriup uery fast tell it will Ielly

page 264 (folio 122 verso) || page 265 (folio 123 recto)

To Make Mrs Eliots Searcloth

Take A pint of the best sallit oyle a quarter

of a pound of vergins wax, as much pompilion

halfe a pound of red Lead, once ounce of the

oyle of Roses, once ounce of the oyle of

Chamimell boyle all thess together till

they boyle to a salve and if you will make

a searcloth you must dip thethe cloth into

it before it be boyld too much but it's

as good made into a salve and spread

on A Cloth, &c. Finest

to Make Cowslip wine

To 9 gallons of batter

For an Imposthume in the head, Lady Abingdons

Way

Take a wild prim rose root scarpe it

& put a pece in your nostrills, & it

will halfe in halfe an hour purge the

head and breake an imposthume, &c.

Cibus

and put in the plumes and boyle

themone warme soe put them up

if they be nott yellow threw will

Looke blacke, &c.

To preserue whole Oranges

Lady Cobb

Take the farist oranges rub them

with salt & lay them in water shifting

them morning & euening with fresh

water then take out your pulps and

boyle your oranges in a cloth soe

tender that you may putt a strene

through to a pound of oranges a

pound & a halfe of Iuse sugar to

euery pound of sugar a pinte of

water and clarifye your sugar with

the whit of an eg then putt in

the oranges and boyle the sirrup

till it will Ielly then take a pint

if pippen water & a quarter of a

pound of & set it on the fire when it

boyles scum it when yourwith sirrup of oranges

begens to Ielly put in the pipen sirrup

& boyle it to a high Ielly the n putt it in

pott or glasess you must picke out

the pulp at the bottome and make the

hole as little as you can

Ceremonia

page 266 (folio 123 verso) || page 267 (folio 124 recto)

A reeseipt for a phistula in the

eyes or any part: from the lady

Millne

Take sanicle wood betony: Egrimony

Auens: Dandelyon with the red ribs:

plantton: Ribbwort: Dasy leaus roots

& flowers: red bramble leaus: charuell

mogwort: & motherwort: bugell & oxe eye

of each a good handfull a few crops

of wormwood: pick them shread

them & wash them & drain them.

clean from the watter

putt them in a pipkin with 3

pints of the best white wine

& lett them infuse a good while

ouer a soft fier & then let it boyle

a quarter of an hour: then wring

out the hearbs & put into the

Liquor half a pynt of pure hony

& warm it & skim it & when

it is cold botle it you must drink

six sponefulls thearof morning &

euening for half a year or a

year

Causæ

page 268 (folio 124 verso) || page 269 (folio 125 recto)

Castitas

268

page 270 (folio 125 verso) || page 271 (folio 126 recto)

To Make A Sack Possett

Lady Cobbs way

Take a quart of thick cream 12 eggs

halfe a pint of sacke and half a pound of

sugar a little nutmeg & cynamon the

eggs must be beat uery well and

straned, then put in the sacke & sugar

mingle em all well together set it

on the coles till it be ready to boyle

sturing it all the while one way all

the while, & let the cream be boyling

ready: then take of the bason withthe

sack and eggs & pour in the cream you

may stir it once about then couer it close

and let it stand half a quarter of an

houre if it dos not jely, then you may set it

on the embers, you must put a little

sugar in to the cream when you poure

it on, it tis an excellent possett

Calumnia

270

Lady Cobbs way to doe whit quince

whole and to lye in jelly

Take your quinces and core them scald

em in fair water then pair em & to a

pound of quince putt a pound of duble

Refined sugar, and a quarter of a pint

of juice of graited quince and a quarter

of a pint of water, then sett your skelett

on the fier with your juice sugar and

water and when it begins to boyle put

in your quinces & boyle it so fast

you cannot see the froth and take em

of sometime for that will be to apt

to Burne & when the quinces Look cleane

and the sirrup will jelly putt them in

your glasses and sett them in your

stove if you doe them in quarters

halfe a pinte of juice & halfe a pinte

of water to a pound is enough &c

page 272 (folio 126 verso) || page 273 (folio 127 recto)

To stew a pice of Beefe which is

uery goof meate Lady Cobs receipt

Take a rump of Beefe or a pice of the

thin end of Briskett pareboyle for an

Houre if it be thick if thin less, then

putt it in a deeper dish and slash it

on the insid the gravy may run out then

strew pepper and salt betwext the

stalks and fill the dish with clarrit

wine to cover the Beefe put in 2 or 3

peices of Large mace cover it close

and let it boyle an houre & a halfe

turne it often and scum it to take

off the fatt & refill it with clarrit wine

then slice six onyons & putt in with a

good handfull of capers or brooms -buds

some parsley six hard Lettiscress

sliced 3 spoonfulls of vinger as much

vargish then lett it boyle tell it be

uery tender still turning it least it

burne to the dish, slice some brown bread

to lay over very thin & some french

bread to lay over wett em in Beefe

Broth or your Liquour if there be

enough dish it and poure the sauce over

Cades

272

To make an oysters pye my Lord Colbs

Lett the past be uery good pill it with great

oysters then put in a little vinegar or

Vargish and some of the Liquor of the oysters

with some pickled Barberrys & whole mace

and a good deal of Butter then boyle

eggs hard and cut the yolkes in halues &

lay them on the top of the oysters soe

Bake it and serue it hott or cold, etc

To make a pudden Bake or boyd

Boyle halfe a pound of Rise in 2 quarts of milk

tender, one pound of suet shreed smal

a quau.halfe ^ halfe a pound of currance

cynamon nutmeg cloves & mace sugar

Rose watter, a little salt teen eggs

.... a penny Loafe graited mingle

all well togather & use it as you please

page 274 (folio 127 verso) || page 275 (folio 128 recto)

Breuitas

The dutchess of Cleveland 's Breakfast

Take a pint of cream or new milke & let

it Boyle than take it of and put into it

4 spoonfulls of orange fflower water

with the yolke of an egg or 2 beaten

in it sweeten it then set it on the

fire, keeping scuming of it tell it

boyles than take it of the fire, and

mill it up and grate nutmeg upon itt

To Make Allmond puding Mrs Dancers

Take one quart of creame a quarter of a

pound of Allmonds beat pretty fine tenn egs

six whites Cinamon and cloves mace a quar

ter and halfe of fine sugar when it has boyld

you must draw up your butter with som

sacke that your pore over itt &c

Bonum

page 276 (folio 128 verso) || page 277 (folio 129 recto)

To make Sage

To make sage wine

To 40 pound of malego Raisons take

40 quarts of Spring water boyled an

houer & stand till it be almost could

haue your raisons ready pick'd and chap'd

but not wash'd put them into a tubb then

put your water to them to this quantety

of raisons you must haue a strike of sage

red sage is best your sage must be Chop'd

a little then put it to your raisons and water

cover them close and lett them stand 9

days stur them once a day all the time rub

them very well with your hands when

you stur them to breake the holeones when

it has stood 9 days strain it of put it

into your vesill besure to lett your vesill be

quite full to ten gallons of your wine you must

allow a quart of sherey or sack when

it has stood 3 days in the vesill stopp it

up close & lett it stand till it be fine the n

bottle it it will sumetimes be fine in 3 weicks besure

to let it stand in a good seller lett your

vesill be smoked with brimstone,

Bonitas

276

To Make Burch wine

To every gallon of burch watter putput

two full pounds of white powder sugar

before you put your sugar in, & scum it

when it boyls it must not boyle after

the sugar is in, but when tis scum'd

lett it stand a little & when tis could

pour it of from your grounds, put in sum

yest lett it worke 24 houers, less or more

till it has a good head let it be close

cover'd in a tubb, haue in readyness astrong

sweet vesill smok'd with brimstone very

well lett it be close stopp'd till you use

it fill it full & when it has done spirgeon

stopp it very close keep it in a cooll seller

lett it stand 3 quarters of a yeare then

bottle it you must allow so much the

more watter in the propotion because

you must allow for the wast in boyleing

before you put in the sugar

Boni

page 278 (folio 129 verso) || page 279 (folio 130 recto)

A most excellent Receipt to cure the

yellow Iaunders

Take a quart of milke set it on the fire, when it

boyles turne it with a quart of white wine,

when the curd is taken ofe put in as much of the Juce

of salindine flowers and leaues beaten together

as will make it uery green let it boyle very

softly, then take some saffron tyed in a Rag

and squeese in as much as will Turne it a

little yelloe, let it simmer a little while then

let her take halfe a pint in a morning,

fasting an hour or two affter it, so likewise

at fore of the clocke in the afternoon

and thuse doe till it be gone, Lord Spencers

way

aninu

278

tortunæ

page 280 (folio 130 verso) || page 281 (folio 131 recto)

Bona Naturæ

280

page 282 (folio 131 verso) || page 283 (folio 132 recto)

[rotate page]

Benedicentia

282

to make a very good wallnut

water

Take wallnuts in the begining of June

& beat them in a morter then still them

in an ordinary still then make a second waters

gather your wallnuts about midsomer or three

days affter keep that water by it selfe

then make a third water gathering

the wallnuts a fortnight after then take

a pynt of each and put them togather

and still it in a glas still & so keep

it very close that no ayre get outt

there is good for the eys to drop a litle in

it will make one haue a faire skin if

it bee washed thearwith it is allso good

to wash byles & sores it is allso good to

heal all infirmitis within the body & drinketh

sponfull or one in wine

peas then powre the egg one the top of it and putt in

a litle peese of the mest in the midle of it if it bee in

the winter that you canot haue hearbs you maye put

in barly instead of it it must bee boyled in an earthen

pipken and sett with the side yo the fyer butt not fyer

kept couered

page 284 (folio 132 verso) || page 285 (folio 133 recto)

Bellum

284

To Make French porage

Sett one pott betymes in the morning that it maye have time enouf toe

boyle fill it full of running water and season it prety high

with salt and putt in a cloue or two then putt in your meat a

little pees of bief shat it not very fatt and a pees of the knucle

of veall an old henn cutt in halues skime it and lett it boyle

till the water bee half wasted and neuer fill it upp when

it is allmost boyled if it bee at the time of the year you may

putt in green peas and hearbs a prity deal of sorrell and lettys

and spinieg and such cooel hearbs let the hearbs boyle butt

very little then take a dish sett it one a chaffingdish of coels

slies thearin thin slieses of fine whiet bread a prety

deall and put to it toe ladlefulls of the top of the

porage then take the yoelk of an egg or two and beat

it by itself with a litle of the porage then poure

out the pottage in to the bread and the hearbs and

An excellent & soveraigne Balsome

called my Lady Roppers

Take a quarter of a pound of yellowe waxe cutt it into

smale peices then putt it into an earthen pott or pane

with a pinte of sacke & melt it & when it is quite

melted take of from the fier, then take halfe a pound

of Venice turpentine wash it in rose water, & take

a pinte & a halfe of sallet oyle & powre both the oyle

& the turpentine into the pane, when the waxe is well

melted into the sacke then boyle them togeither

with a very softe fyer untill they be well incor=

porated then take it from the fyer & when it is

throughly colde take away the cake from the sacke

& melte it in the pane againe putting in one ownce

of the best reed sanders & soe keepe it stirring

untill it be colde

thear is many receipts of

this oyntment with aditions of

other things but this is the tru

resceipt & that which is safe to

bee used both inwardly & out

wardly for bruises or woundes

or sore brests or lameness

page 286 (folio 133 verso) || page 287 (folio 134 recto)

Auxilium

286

page 288 (folio 134 verso) || page 289 (folio 135 recto)

A Good medisin for one

that kannot hold thear

watter

Take a bulls pissel or an ox dry

it in an ouen

Autoritas

288

page 290 (folio 135 verso) || page 291 (folio 136 recto)

Forexcellent medicins for

wartes in the hands cramp

in the knees or corns one the

feet

for warts Take Egrimony & stamp it

with salte & Vineager & lay it

to the warts 4 days & it will

healp/ an other for the same

Take the rind of willowes &

seeth them in Vineager & wash

the warts thearwith allso the ashes

of willowes mingled with Vineger

& layd thearto it will pull them

up by the rootes

for a corn

Take the skin of a red hering

& lay to it and it will wear it

away

A medisin for a man

that hath burnt n lips -:-

Take an olde flaxen cloute that

is clean washed burn it & make

powder thearwith then take oyle

of egs and anoynt the sore hole)

hearwith then fill them up

the powder being uery small

and it will healp

Auspicia

290

Aurum

To Make a paste of the Colour of Marble stone

which way soeuer you cut or break is made of all sorts

of flowrs wholesome to be eaten Lady Lyndseys way.

Take a handful of blew violets pick them clipping of

the whites, & stamp them in a Marble Mortar by themselves

Then take Marygolds, Gillyflowrs, Rosebuds, & stamp

them severally in like manner. Then take gum Dragon

steep in Rose Water with a grain of Musk in it then

take quarter of a pound of sugar being finely beaten

& so beat it to perfect past with the stampt violets.

& in the like manner make past with the other flowrs

severally, & roul every piece of past by it self then;

then lay it one piece upon another then cut it over

th wart in long pieces, & lay it over thwart again the

wrong way, & so roul it thin, & print it with your molds

& so dry it, & when you break it, it will be of the

Colour of Marble stone which way soever you break

or cut it Note you may keep the flowrs dry by you

all the year to make it.

page 292 (folio 136 verso) || page 293 (folio 137 recto)

for the weaknes in the back

Take white saunders & the iuyse of

sorell that is red and drink them

in red wine bloud warm & it will

healp

To heal the uesel whear

nature resteth

Take acornes or the ladles of acornes

& being dryed beat them to fine

powder & take a spoonfull of

it in the morning before you rise

ly in hower affter it

for the pyles

Take an oynion & rost it in the

fyer make a hole in it & put in

sum home and peper and so lay

it to them so hott as you can

endure it in so doing two or

3 times they will bee whole and

dryed up

for the piles

Take hedg taper leaus & stamp

them with may butter or fresh

butter & thearwith anoynt the

piles it will both heall and

break them

Aula

292

Doctor Lower s Receipt

For a Cough.

Take a quarter of a pound of

Pearl barly boyld souft in 3 quarts

of spring water then straine it off

and put into it an ounce and halfe

of Liquoris, One oounce of Ellecampaine

scrapt or sliced add a large handfull of

Pellitory of the wall, a Handfull of house

Leek and ounce and halfe of Maidenhair

Boyl all these halfe an Hour; But the

Liquorish and Ellecampane must Boyle

one quarter of an Hour before you

put in the Herbs. Straine all out then

add 2 pound & a quarter of Double refined

shuger; 2 ounces and halfe of the best

Ballsam of Tolu, a quarter of a pint of

Issop water, stir it all the while over a

very slow ffire, else the Tolu will not

Dissolve when boyled to a Sirrup & Cold bottle it

up without straining. this must be done

page 294 (folio 137 verso) || page 295 (folio 138 recto)

in a Pipkin close Covered on avery gentle

ffire

Manner of useing it

Let the Person afflicted Take 4. or

5. spoonfuuls every Night going to Bed

& the a quantity of a Teaspoon when the

Cough takes him by Day or night.

Mr Walkers

Snail Water for a Consumption

Take the Lungs of a Calve & cut them

in slices 50 snailes with the shells bruised

new milk 2 Gallons, the best Mallaga

Sack one quart one Nutmeg Slit

Cinamon half an Ounce, Comfrey Roots

Slict one handfull, Ground Ivy 2 Handfulls

put these into aCold still & draw

off a Gallon letting it drop upon

4 ounces of white shuger of Candy. of

this water take a quarter of a Pint

Auditus [inverted]

294

three times a day first In the morning

ffasting at 4 in the afternoon &

att Night going to Bed as warm

as New Milk

To Make the best Mead Lady Lyndseys Way

Take to twelue Gallons of water twelve Quarts of honey

set the water over the fire put into it half a pound

of Ginger, a Quarter of a pound of Nutmegs being both

beaten & put into a linnen bag let your spice boyle about half

an hour then put in your honey, & let it boyle a pretty while

scumm it very clean when it has boyld an indifferent

space then put in a handful of Agrimony almost an

Handful of Muscova, a Quarter of an handful of sweet

Marjoram, a little sweet brier, & a few tops of Rosemary, &

let your herbs boyl in your liquor ?????? half an hour

then take it from the fire & strain it thro a hair sieve

& put it to cool in several things; the sooner it is cool

it will be the clearer & better when it is cool put it to=

=gether, & let it settle till the next day then put it in to the

vessel, & after a month bottle it. Keep Lading it with

little wooden dishes to cool it as soon as you can.

To make an egg pye

Take eggs boyl them very hard mince them and

put in Beef suet mincd small season them with cloues

mace, Nutmeg, sugar Lemon peel Candid orenge and

Lemon mincd, on quarterd, Dates, raisins, & Currants

peices of Marow so bake them in your Crust.

page 296 (folio 138 verso) || page 297 (folio 139 recto)

To make big Brawn Lady Lyndseys Way.

Take a young fat pig scald it well then cut it

open in the Middle dividing it into two sides

then bone it & make three, or four little collars

of a side role them up & strow in the inside some

sage shred very small and some rind of Lemon, & Nutmeg

& sow them up in Cloaths, then boyle them till they

are tender in fair water with 7 or 8 bay leaues and a

little saly, Letting it boyl, & be scummd before you put

your Braun in; when it is tender take it out & let it soak

two or three hours in Cold water & salt to make it

look white then put it into a souse drink made with some

of the liquor it was boyld in, & as much good white

wine vinegar as will make it sharp. when you put them

into the souce take them out of the Clothes.

To Pickle Mushrooms Lady Lyndseys way

Take your best mushrooms make a pickle of Water & salt

& boil them with a Lemon peal let them have but a

boyl or two & take them out of your Kettle after the

white froth is scumd of; lay them upon a Cloath to Dry

& when they are cold put them into as much Cloues

& Mace as will giue them a good relish stop them

close & keep them for your use.

Audacia

296

An exellent Receipt for thos which can't

make watter

Take parsley water and as much egg

shell dry'd to powder as will lye upon

a crown peice put the egg shell in it

and drinke as often as you can please

and you will find ease) The Lady Tyrrell's way

The Black Salue

Take a pint of sallit oyle halfe a pound

of Red Lead virgins wax a quarter

of a pound p..tcon a quarter of a pound

oyle of Roses one ounce oyle of cammamile

. on ounce, boyle all thess together

tell it Looks black, &c

A wash for the face, my Cosen Spencer s

Take a pottell of milk to handfulls of

Elder flowers and two handfulls of wild

Tansey & 3 of femetary and 4 of bean

Blosoms stepe all these 12 howers in the

milke then still it together the next

morning in a rose still and if you please

put a little comphire into the bottles as you

think fitt, an extraordinary Resecip

..

page 298 (folio 139 verso) || page 299 (folio 140 recto)

A medsin to coole the liuer

Take a lynnen cloath made plaster

wise & wett it in cowes milke Vineager

& rose watter then wring the cloath

that it may not bee wett & so lay it

to the right side when you goe to bed

for those that spit blood

take the powder of dryed mulberis

so used in broaths of pottage ale

or beer is a spetial remedi

To stay the bleeding to the nose

make plasters if potters claie & the

white of an egg & aply it to ones

-:- and allso chaw the root of an

nettle untill one may swallow it

butt take y heed least you swallow

it

Take the hart of a dogg and lay it

to the plase that bleedeth & it will

stopp it presently

An other for bleeding at the nose

take uinegar and white wine and

warm it apon a chafendish of

coles wett a cloath thearing and

wrap it about the -:-

Auaritia

298

Asperitas

To make lossanges of red & damask roses

good to coole the liuer

Take roses and cutt ofe the whites lay them in a dish

and cast scalding watter apon them & affter ward

wring the watter from them clean & with an equall

quantyti of sugar stamp them in a stone morter

untill you canott disern the sugar from the roses then

boyle them to a height to make a lozange then wett

a bord with rose watter & make your lozange as

thin as you think good with a fine cloath wett in

rose watter then taking a way your cloath let

them dry then cutt them 4 square or as you like

best

A remedi for shortnes of wind or steightnes

of breath

Take 2 ripe strawberys & the powder of white peper

temper them with clarified hony and mix all togather

& eatt thearof first & last

page 300 (folio 140 verso) || page 301 (folio 141 recto)

To Make Lemon Wine My Neece

Turners way

Take 3 Gallons of water put to it seven

pound of powder sugar, & the whites of

three eggs before you sett it upon the fire;

then boil it very well, & scumm it very clean

Clean, & let it stand to be Cold. Then putt

in the rinds of I0 or 12 large lemons,

and the juyce of 13. Strain both the

liquor, and juice thro a Cloth, Lett it

stand all Night. Then Tunn it, & putt

three spoonfulls of yest into your barrell

with the rinds of your Lemons & let it stand

three weeks or a Month before you bottle

it.

Artes liberales

300

page 302 (folio 141 verso) || page 303 (folio 142 recto)

A water to wash cure wounds

Take southernwood wormewood Garden Buglas

mugwort wood bitani sanucle broad plantaine

dandilyon cinkfeild ribwort or long planton

whit botle dayses & the rootes Auenes haththorn

budes Egrimony the leaus & budes bramble

buds wild angelica mince scabius strabryar

leaues uiolet leaus comfrie gather of each of

thees a like quantiti and dry them in a

rome without much aire in may they

must bee gathered turn them oftne that

thay bee come not musty & when they

bee dry keep them in canuas bags

& when you use them tath take of

each a like quantiti & mixe them to

gather them take of them so mixt

Ars

302

3 handfulls & put them in to 3

quarts of liquor whearof the one

white wine the other two runing water

byole theme to three pints them

strain the liquor from the hearbs & put

thearto a pint of hony & boyle it

again take away the froth & scum then

put it up in to a glas botle well

stopt take thearof 3 sponnfulls at a

time first in a morning fasting

& last at night it will not last

aboue a fortnight tent no wound

but search & cleans it with a tent

& couer the plase with a clean

cloth

page 304 (folio 142 verso) || page 305 (folio 143 recto)

To Make a Cream with sack like

Butter Lady Lyndseys way.

Take a quart of Cream boyle it with Mace put

into it six yolks of eggs uery well beaten so let

it boyle up, then take it of the fire put in a little

sacl to turn it then put it into a Cloth, and let the

whey drain very well from it then take it out of

the Cloth, & season it with rose or oenge Flower Wa=

=ter, & sugar being very well broken with a spoon.

To Make a Nut pudding Lady Lyndseys way

Take a pint of Nut Kernels peeld, & stampt ve=

=ry well in a Mortar with Rose water but not too

wett s?x y six yolks, 2 whites of Eggs, suet as

much as you please, Thin it with sweet Cream to

the ordinary pudding batter, sweeten it to your Tast, put

some Ambergrise in it, & some grated Nutmeg, then

make some puff passt crust, & lay it in a dish, &

bake it with white bread.

To Dress two large Flounders, Glace, or Soles Lady Lynd =

= seys way.

Take a Quarter of a pound of Butter cut into slices,

& put your Flounders upon it then put to it two spoon=

=fulls of Vinegar, 2 cloves, a little bundle of parsly ?

and Time some pepper & salt a little orenge peel

and one anchovy chopt with the 3d part of an

eschalot cover them, & set them upon embers till

they have cast their water, then put them upon a

greater heat when they begin to boyle they will

be enough in a quarter of an hour, serve them

up in the liquor they were boyld in thickned with

the best butter

Arrogantia

304

To make Cracknells

Take one pound of the best fine flower dryd very well

by the fire, and as much double refined sugar, and a good

many Caraway seeds rub them well together with half

a pound of good butter, then mix them together with the

Yolks of two eggs a spoonfull of sweet cream, a little

Rose & orenge flower water, Role them very thin &

put them round by a glass, & prick them very much.

Butter some pewter plates, & putting them upon the plates

bake them in an oven as hot as for cheese cakes.

before they go in you must wash them over with a

little melted butter, & yolk of an egg & a little

sugar, when they are bakd take them off the plates

as fast as you can & keep them in a dry place.

they will keep a quarter of an year. they must be

dryd crisp in an oven before they are eaten.

To Bake potted Hare Mrs Copes way.

Cut the meat from the bones, & take out all the

sinews beat the flesh uery fine put in some fat Ba=

=con, and beat it till it is as thick as paste, season it

with pepper, and salt, cloues, mace, Jamaica Pepper

& some sweet herbs chopt very fine then pot it with

some thin fat bacon a layer of one & a layer of the

other; & bake it with bread, when you draw it pour

out the gravy, & press down your Hare; The next day

Melt as much butter with the fat that is on the

gravy as will cover the Hare, pour it upon it, & stop it

down very close

page 306 (folio 143 verso) || page 307 (folio 144 recto)

To Make Cock Ale Lady Lyndseys way.

Take a Cock & parboyle him then pull of his skin

& beat him in a Mortar Take 4 pounds of raisins

of the sun stone them, & beat them in a Mortar

steep them all night with the Cock in 2 quarts

of sack, & slice into them a quarter of a pound

of Dates a few cloves & Mace take eight Gallons

of your good Ale when it hath done purging in the

vessel put all these into the Ale, & stopp it up close

for five days, then draw it out into bottles, & in

seven or eight days you may drink it.

To Make a Beef pudding Lady Lyndseys way.

Take half a pound of the best leane beef; a pound

of Beef or Mutton suet cutt out carefully all

the skinns of the Beef & suet shred them very

small a part, and afterwards together season it to

your Taste with pepper, salt, & Nutmeg make it up

round with eggs; wrap it in a Colewort leaf, &

boyle it.

Animus

306

Mr mustians drench for a

hors that has a cold

Impri: take Anyseeds}

liquorish}

ffenegrek} of each 4 oun

Turmerick}

flower of brimstone}

Elecampaine 8 oun

Myrrha 3 oun

bay berrys}

Gentiam rootes}

Round Aristolochie} of each

Carthamum seeds} one: oun

grains of paradis}

rubarb & agrick}

brown candy 8 oun

page 308 (folio 144 verso) || page 309 (folio 145 recto)

the way to vse this

drench first lett the

hors blood in the neck &

roof of the mouth if thear

bee caus then take a wine

quart of good ale & boyle

(it & skim it: then put

in one oun) of this powder

& let it iust boyle & no

more & keep it stird

then take it from the

fyer & put in 3 or 4 oun)

of the best hony a quarter

of a pynt of the best

Sallet oyle when it is blood

warm giue it with a pound

blood warm) giue a quarter

of a pynt of it at the nostrills

then let him bee Aird

for half an howr

308

Animantia

keeping him warm alle

that day & let him fast

5 or 6 houres then giue

him a mash of malt

let him drink no cold

watter) but ride him

affter it) you may giue

this drink 2 or 3 times

if you pleas resting a

day between) if your

hors has the foul glaunders

giue it as before but

if hee bee so stuff with

a cold that hee canot

swallow his meat

then take a sponefull

of the best oyle of bays

& put it in to a quarter

of a pynt of wine Vineager

page 310 (folio 145 verso) || page 311 (folio 146 recto)

made blood warm

& well shaked togather

put it down at his

nostrills ride him affter

it but this must not

bee giuen but once in

5 or 6 days

Anima

310

page 312 (folio 146 verso) || page 313 (folio 147 recto)

Angeli

312

A pie of carp & eele

Take the flesh of carp & of eele rinse them well

with butter & season it with salte peper fine hearbs

& a few mushrums then make up your pies as small

as you can fill them up wash them with an eg

and bake them

Samon pie

After your fish is dressed lard it with eele or carp

seasoned with peper salt & beaten cloues then put

it in past and ouer it a bay leaf and good fresh buter

besprinkle it with lard a drop of uineger and close it

up affter the forme of the fish affter it is baked

you may eat it warm or colde

egs with snow

break sum egs seuen the whites from the yolkes put the

yolkes in a dish apon buter & season them with

salt & sett them apon hott cinders beat & whip

well the whites and a litle before you take it ofe

of the fier, poure them one the yolkes with a drop

of rose water holde a hott fire shouell ouer them

& so seru them sugard

A tart of pistaches

After your pistaches ar peeled beat them

and through in a litle sweet watter

as you beat them melt as much butter

as thear is pistaches and take so

much sugar a litle salt and the

crums of white bread fryed and

drop of milke and all being

well mingles putt it in to a sheet

of fine past make the tart uery

thin (in a dish is best) bake it

suag sugar it and beesprinkle it

with what sweet watter you will

and eat it warm

Tart of oysters

After your oysters ar cleand and dipt

in warm watter putt them in the

pan with sum fresh butter parsly

minsed chivols and mushrums all well

seasoned putt them all butt a litle ouer the fier into a sheet of

past and putt in sum hard yolkes

of egs bottoms of hartychoaks mushrum

broken sparagus all well fryed couer

up the tart & bake it affter it is

baked putt in sum good sawse

which you shall make thus putt in the

pan 2 or 3 whole chivols salt peper a drop

of vineger & when it is brown mixe with

it 2 yolkes of egs beaten with veriuis a

litle nutmeg and seru it uncouered

page 314 (folio 147 verso) || page 315 (folio 148 recto)

314

Amor Sui

to keep lettise

choose the hardest & take ofe the great leaus soak them

in warm watter & drain them: then stick them with

cloues season them with salte peper vineger & a bay

leaf couer them well and when you will use them seeth

them

Artychoaks

Cutt ofe the choake & what is to hard about them

steep them in fresh watter drain & dry them:

then putt them in to a pott with salt peper vinegar

melted buter cloue & sum bay leaf couer them

well and when you will use them seeth them

To keep butter

Take a good quantiti & melt it for to use apon

??eation: putt it in apon & lett it melt laisurly

untill the milk goe to the bottom & that

clear then putt it in to a pott with a litle

salte & so keep it.

314

To keep green peas

Take them as they come outt of the

cod fry them with buter & season them

well as if you would eat them then

butt do not fry them so much then

putt them in to an earthen pott

season them again & couer them

well putt them in a coole plase &

when you will use them unsalt them

Sparagus

putt them in an pott with mellted

butter Vineger salt peper &

Cloues couer them well for to

use them) unsalt them & seeth them

in hott watter & so use them

Red beets

wash them & seeth them & peel

them & putt them in a pott with

salte peper & vineger & so use

them

another way to doe mushrums

boil them with the best strong

wine you can gett salt peper & cloue

then take them out & put them in

a pott with salt peper vineger cloues

& sum bay leaues couer them well

when you will use them unsalt them

and seeth them with wine & seru

um with a plated napkin

page 316 (folio 148 verso) || page 317 (folio 149 recto)

316

Amor

To prepare mushrums

Take the hardest & the reddest

you can gett fry them whole with

butter as for to eat presently

affter they ar fryed & well

seasoned putt them in a pott

with more seasoning of butter &

a drop of vinegar untill they

ar couered stop them so that

no ayre gett in): when you use

them steep them in severall

watters luke warme & fry them

as if they wear butt newly

gathered

To keep succory

Tie it and whiten it in sand when

you think that it may bee kept

cleans it well & putt it in a pott

salt peper a litle vineger & rosemary

when you will use it unsalt it to sem

for sallat or for lay about dishes

seath it

To make marmalet of quinses

Take fiueteen pound of quinces three pounds

of sugar & two quarts of watter boyle all

togather affter it is well sod strain it by

litle & litle through an napkin then put

it in a bason with four pounds of sugar

seeth it again & to know when it is

enough, try it one a plate & if it doth

come ofe take it quicly from the fyer

& putt it in boxes

past of aprycockes

Take them very ripe & pare them then

putt them in a pann without watter

& stir them oftne untill they bee uery

dry take them ofe the fuer & mix them with

as much sugar boyld to a candy as you haue

of aprycock putt it in to sawsers and dry

it in a stoue

page 318 (folio 149 verso) || page 319 (folio 150 recto)

how to do chestnutts

boyle them in watter when

they ar boyled peel them & flatt

them between your fingers sett

them one a plate & take sum

watter sugar & the iuyse of lemon

& orange flower watter make

a siruop with it & powre it

one them & so eat them hott

or cold

Pistache cake

Take half a pownd of loaf

sugar & a quartern of pista

& a peneth of gum dragon

& one drop of sweet watters

stamp all togather till it

coms to a past make your cakes

of the thicknes of a half

crown & bake them in the

ouen

150

Amicitia

To make a good biskett

Take six yolkes & eight whites

of new layd egs with one pounde

of sugar in powder 3 quarters of a

pound of good flower beatt all well

togather & boyle it with sum anyseed

pa make a past nether toe soft nor

to hard if it is to hard you may

mix with it som flower of sugar

for to harden it when it is well

putt it in to moules of thin

white tinn made for the purpose

& then bake them halfe in the

ouen & take them outt & moisten

egs affter that putt them in the

ouen, again for to make an cand

of baking & when they are out

sett them in a plase nether to

coole nor too dry

page 320 (folio 150 verso) || page 321 (folio 151 recto)

as you see it grow dry so continu beating of it with a strong

hand till you see it extreamly well mingled and that it

bee come to a uery thick past att least three or four

oures when it is enouf it will shine and work smooth

then make it in to litle cakes as big as farthings and as

you make them let them continu beating till you

haue done them all lay them one by one apon a sheet of

white? paper and keep them in a warm plase not to

hott in a day or two thay will be dry enouf yo putt

up

To stew pipens

Take a few pipens and sett them one the fyer in as much water

as will sem to boyle them cut them in quarters nether paring nor

coaring them so lett them boyle till thay ar uery tender then

take them ofe the fyer and mash them all togather and

strayne them prety hard till you haue got out all the

iuys then take a sum other pipens coare and pare them

cut them in quarter and lay them in this iuys as many

Ambitio

as you see the iuys will well couer putt them in sum

uery broad skillet or siluer dish so that thay may ly

one by one then strew sum sugar apon them as much

as you think will well sweeten them so lett them boyle

till you see thee pipens begin to looke clear and bee

tender then squees in the iuyse of orang butt a litle

and haue sum orang pill slist extream thin and boyld

in a water or two before put that in with the iuys

lett it boyle a litle after and then take it ofe if

you will haue it euries you may take out the pipen

and let the siurop boyle till it iellys

page 322 (folio 151 verso) || page 327 (folio 152 recto)

A speciall good watter for one

that canot hold their water

Take the blader of a barrow hog as it

is taken out of the belly puting out the

urine dry it in an ouen to fine powder

take the tong and the pipe of a gose

unwasht & dry them to powder then

take the brains of a haire dryed in to

powder then take the quantity of three

of 4 thimblefulls mixt togather with

5 or 6 sponfulls of white wine and

let the party drink thearof first

& last & fast two howres after

it if it bee for a man. it

must bee of a cow hogg if for

a woman of a barow hog

327

Aliena

To make Amber cakes

Take to a pound of double refines sugar forty graines of

the best Ambergreas and six of muske) you must have a litle

Gumdragon steeped in the best rose water ouer night and

a morter to beat it in which will must bee of stone or

sum uery good mettall then take the amber and the muske

and bruise them in the morter uery slightly least it

oyle and strew in as you beat small lumps of sugar to

make the amber beat the beter then take three parts

of your sugar being finely beaten and searst thourough

a tiffini mingle it uery well with your amber keeping

it from sticking to the sides of the morter or the pestle

then put in a litle of the gum dragon and beat it uery

well in togather with the sugar and amber then put in

the rest of your sugar and as much gum dragon as you

think will wett it enouf to make it like a paste you

need not put it all in at a time, butt by litle and litle

page 328 (folio 152 verso) || page 329 (folio 153 recto)

329

To make Tunbridge Cake.

Take a pound and halfe of fflower

and a pint of Milk, a quarter of

a pound of Butter, and a Little shugar

one Ounce of Carweyseed, and one

Egg, and make it up in a Pasty

pretty stife, and role them out as

thin as Tartlidd, and cut them round

and put them on papers, and they

will Bake as fast as you can put

them in the oven the oven being

hot

Dr Ratcliffe Purge for a Horse

Take one ounce and a Quarter of

the Best Succotrin Aloes a Quarter

of an ounce of Diaoenthe; 1 ..

Flower of Brimstone Mix them well

& make this quantity up in three

Balls with syrup of Violets to be

giuen at once Worke it with Cold

Water.

Affectus

To Make a seed Cake my Sister Hamletons way.

Take 4 pound of Butter beat it up

to a Cream with your hand Take 2 pound

of sugar fin pounded and well Dryed

without Lumps, mix it through, with

the Butter take 4 pound of dryed flower

mix that likewise and half a pint of

sack or a Nogan of Brandy, Take

Eight eggs to each pound of flower

Yolks & whites beaten severally, three

whits whiped till they come to a Crud,

it will takr more than hald an hour

to beat them, mix the whites throughly

and the Yolks also; Take half an

ounce of fine powdered Cloues, Mace

Cinnamon, and Nuttmegs, mix all

up together with your hand lightly, then

strew in 4 ounces of Caraway seeds put it in a Hoop

with a quick Oven, prick it when

you see it rise & give it good Baking

page 330 (folio 153 verso) || page 331 (folio 154 recto)

Ætas

Mrs Marsh

Way

To make a Keeckup for all Sause

Take 4 Pound of Beef and cut it in

thin slices and set it in a stew pan

with a spoonfull of water and let it

stew softly and power off the gravy

as it coms till all the goodness is out,

then take as much Claret as you haue

Gravey, and put 2 shallots or onions &

a bunch of sweet Herbs & Cloues, and

Mace hole whole peper a good quantity,

then put it on the ffire and boyle it &

scom it very well when it is Cold put

it into a Dry Bottell close stoped, too

spoonfulls of it amongst is enough at once

you may put red Wine or White as you

please, when I made for your Ladyshipp I

stewed the beef in the oven & potted

it afterwards

page 332 (folio 154 verso) || page 333 (folio 155 recto)

To make katti tea Cakes

Take 1/2 a pound of bitter Almonds, Blanch

them, & beat 'em in a Marble Mortar

without putting any thing to 'em

whilst you beat 'em- when they are

very fine, put as m? in the

whites of 4: eggs, mixe 'em very

well in the Mortar; then put as

much sugar finely sifted as will

make it up into a Paste

then Roll it out, in Little Rolls,

& cut 'em to make 'em round

with your hand, & Lay 'em on

white papers not too close

together; Let 'em in the ouen

not too Hot, as to make 'em run

broad, but only to ....; with Baked

take 'em off the papers, & put 'em

on tins & set 'em in .gh to cr.. n

&#198;qualitas

To make Lemmon Cream

Take one Lemmon & Slice the Rhine

very thin, & put it into a pint of

water, & take the juice of 4 Lemons

& the whites of 4 Eggs well beaten

& sweeten it to your taste with

double refined sugar, & strain it

into a Silver Bason, & you may put

into it any sweet water, & stir it

Continually till Clear, then strain

it again for fear of Curdling

To Frost Gooseberries, grapes, Cherries,

or Currants

Dip 'em in whites of Eggs beaten to a

Frott & sett Lay 'em in a dry dish &

sift some of the finest sugar on 'em

& put the Dish ouer a gentle fire

shaking it a little, & when they

are dry lay 'em up for use

page 334 (folio 155 verso) || page 337 (folio 156 recto)

with it in to cakes & turn

them one dry paper & then

stoue them & they ar don

in this maner you may

make all kind of flowers

or hearbes in to cakes

or fruits but the fruit

must bee first boyld

in a botle or iog & then

take the Joyce of it & it

must bee poured in to

coffins of paper & when

you ar to turn them out

you must wett the outside

of the coffins with cold

watter & that will make

them peel out

&#198;qualilitas animi

To Make Mead Sister Hamiltons way

To a Wine Gallon of water put two pound

of Virgin hony put the water into a kettle

dissolue the hony through a Hair Sieve into the

Water, then put in a bunch of sweet Brier

and sweet Marioram Take the rind of a Lemon

Thin pard to euery Gallon of water. Boil the mead an

hoar, & scum it very well put in a little Cold Water

in the boyling to rise the scum when on it tey boild

an hour take of it of and pour it into a Tub, & when

it is blood warm, bake a tost & spread it on each

side with yeast not bitter, & when you see it work tun

it up put in what spice you please; some like ginger

Lemon, & Cloues tyed up in a piece of Mislin, & boyld

in the Mead, and thrown into the Barrel when

tunnd Slice in the lemons you pared very thin, &

put them into the Barrel Bottle it at a Months end.

page 338 (folio 156 verso) || page 341 (folio 157 recto)

338

AEdificia

To make oring clear cakes

uery thin

take a quarter of a pound

of fine sugar wett it with

watter then boyle it to a candie

but not to high take it

from the fyer & stir in two

sponfulls of the ioyce of oranges

& halfe a rinde that has

been boyled tender in watter

and shaved in two thin slices

or minc ed uery small when

this is in stired in let it cole

a litle & so poure it one

and euen pie plate & let

run thin spreading the peele

amongst it with a bodkin

then sett it a day in an ouen

& when it is candid one the top

To make holow loves

Take double refyned sugar beat it very fine

mingle with it any seeds a little muske & amber

grees n grinde it small to gather then take

sum whites of eggs and beat them till they come

to a stiffe froath then mingle the seed and

sugar with the froath till it bee like past

make it in what fashion you will and bake it

one paper or waffer ether in an ouen or baking

pann

A rise tart

Take rise and beat it very fine sears it through

a coars sears take the flower and boyle it

in new milke with whole male & sugar &

rose watter & so putt it in puff past

To make marro pudings

Take sweet margerome peneroyall winter savory

of each a like quantyti for euery dosen pudings

page 342 (folio 157 verso) || page 343 (folio 158 recto)

Adulatio

you mean to made three egs to euery six puddinges

one white taken away take sum cream to the

hearbs and mingle the egs and that well to gather

that it may looke sumthing green then strayne

them to gather through a boulter strayner

then season it with nutmegs cloues and mase

you must putt in twise as much nutmeg as cloue

or more as much salt as you like and rose

water): putt to euery dowsen of puddings

three quarteres of a pound of currans & toe

handfulles of hogs liuer finely grated and

sifted through a collander putt allso sum

graeted bread butt you must not make it to

stiff, then putt to it marro well pickt from

the bones and sum suett finely minest

342

To Stew oysteres

Put two dousen in a dish with thear one liquor and a great deal

of fresh butter store of nutmeg uery litle of no salt a good deal of

Chipings of bread a great deal of iuse of orange so let it boyle

betwixt to dishes if you will you may putt in a litle peper

To preseru Grapes

Take veriues grapes and peele ofe the skins and stone them take the

wayte in sugar ot sumthing more and wett the sugar with a

litle of the iuys of the grap and put the grapes in to it

and so boyle them till the siuriop is prety thick when thay

ar ready to take ofe putt in a pastiel or two)

To make pastiels

take to .a pound of sugar :40: graines of amber and six of

muske your sugar must bee beaten and searst thourough a

tiffini you must haue a litle of the whietest gum dragon steepe

ouer night in the best damask rose water you can get the

morter you beat it in must be marble or sum very good

page 344 (folio 158 verso) || page 345 (folio 159 recto)

to make pomatom

take the calles of fovr or 5

hogs putt them in to runing watter

as soon as it is outt of the bely

and pik out all the blloudy

streeks so lett it ly 7 or 8 days

shifting your watter twise a day

then take it out and put it in a

faire Cloath and beat it

with the eand of a pestle

then putt it in to a siluer

bason and sett it ouer a pott

of boyling watter and couer

it putting in 4 or 5 poum watt

ers and wo march mallow roots

so lett it stand till all the

fatt bee melted then take

it of the f:ire and strain it

and putt it in to the same

bason again and fill it with

runing Colde watter and sett

the bason upon the pott

of warm water couered about

the spase of an ouer then

blow of the fatt with as

littel watter as you can

and so keep it sturing

till it is quite Colde and

then beat it till it looks

as white as snow then pour

in half a dousen sponfuls

of damask rose watter

and beat it with it still

putting in fresh 5 or 6 tims

and so putt it up.

page 346 (folio 159 verso) || back inside cover

[cut away with words of previous page seen through]

back outside cover

spine

head

fore-edge

tail