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V.a.364: Certain profitable and well experienced collections for making conserve of fruits . . . as also of surgery, approved medicines . . . [manuscript]. Source Create

front outside cover

front inside cover || front endleaf 1 recto

edward nauctone [round medallion with coat of arms]

JOSEPH LYON MILLER M.D. HIS BOOK [bookplate: WE SEEK FOR PEACE.FOR JOY. FOR REST. OLD FRIENDS. OLD BOOKS.]

front endleaf 1 verso || front endleaf 2 recto

Uncle Fred says Thee Medicae Recipes are wonderful, (1580)
With a reference of Shakesperian intent
£95
MW

H.a.XX Halliday
Joh M 30

front endleaf 2 verso || front endleaf 3 recto

front endleaf 3 verso || front endleaf 4 recto

Here bigynneth a litil booke *that* was wri=
ten to a worldly lord to teche him how
he shuld haue him in his state in ordey=
nyng loue to god & to his euencristen.

the Prologe.

the grace and *the* goodnesse of oure lord
i*he*us*that* he *hath* shewede to *the* in *withdra*=
weyng of *thi* herte from loue and likyng
of worldly vanite. and vse of fleshly synnes &
in turnyng of *thi* wille enterly to his seruyce

& his plesaunce. bryngeth into to my herte michel
 matere for to loue him in his mercy. and also
 hit stireth me greetely for to strenghte *the* in
thi goode purpos and in *thi* good worchyng.
that thou haste bigunne for, to bryng hit to a goo=
 de ende. If *that* I conthe principaly for gode and
 also for tendur affeccion of loue whiche *thou* h=
 aste to me. *thowe* I be wreche and vnworthi.
 Whi goode desire nedeth to be reulid bi
 discreccion & medful werkes to be wrouzt in ordre chari Ta^o .I. ^o
 I knowe wel *the* desire of *thi* herte *that thou* conei=
 teste grettely for to serue oure lorde bi goostely
 occupacionn al holly withouten lettyng or
 troubyng or worldly bisynesse *that thou* mi=
 rte by grace come to more knowyng of goos=
 tely felyng of gode and of goostely *thinges*.
this desire is goode as I hope and of god for

front endleaf 4 verso || front endleaf 5 recto

To meate let hunger allwayes vs her the
 And then these Cates will needlesse seeme
 To meate

Where the Care
 is redy to do
 it is sone put ouer

fortunae filius
 fortunes dearling

Ego istam inuitis
 omnibus mangre
 them all

ficta omnia celeriter
 tanquam flosculi decidunt
 Nec simulatum quicquam
 potest ee diuturnum

Some care doeth cause the want of witt
 And reasons rule deny
 And heauy ^{hart} doth of time hate
 his mines in mysery

Reisbew

Traiaine A Spanyard and

emperor of Rome a man of
wonderfull vertues In desyr
ing the praetor his sworde
he would saie: vse the sword
against myne enymes in iust
causes and if my selfe doe
otherwise then Iustice vse
it over me also.

Dei numini parent omnia
All things be subiect to gods
dyvyne power.

Tu si quid pragmacidon
habes scribes

If ther be any newes in
the common weale write
them

fundamentum enim *pepetuae*
Comendationis et *famae* est -
Iusticia: sine qua nihil -
potest esse laudabile

Titus Themperor haueing spent any
daie without doing good to some man
would said I haue lost A daie

Which water cannot quench loue neither can
the floods Drowne it. If A man shoud offer
the substance of his house for loue they would
greatly contemne it *Solomon*

Laudatissime
virtus clarissime
amicitie

Plautus
Memorem Immemorem facie
qui monet quod Memor meminit

William

In tranquillo tempestatem
aduersam optare dementis
est: Subuenire autem tem=
pestatem suavis ratione
sapientis

vera gloria Radices
agit Et propagatur

front endleaf 5 verso || folio 1 recto

Robert Nalson

1
Propone tibi Iehouam
Reisbew

The table
for the booke
following/

Inprimis to make
Marmalate fol 4
After the spanish
fashion fol 4
Of Tamosins 4
To preserve quinces
without suger or honey 4
To preserve them 5
with suger 5
To preserve cheries 5
Another waie 5
To make conserue
of Barberies 5
To make suckett
of walnutts 5
To make grene ginger 5
To make peaches in
conserv both dry & wet 5
To conserve or com
fett orengs pills 6
To kepe quinces
all the yeare 6
To kepe barbaries 6
To confett lemmons
and ponce cytrons 6
To make succato of
mellons pompious 6
To mak cerop of
quices 6

To presere and kepe
peaches and there fruites 6
To make eggs in moonshine 6
To bake an ox tong 6/7

To bake a quince pie 7
To make marmalett of plums 7
To preserue quinces 7
To preserue romarie flowrs 7
To mak conserue of roses 7
To preserue plumes 7
To make marmalet of peches 7
To make suger of roses 7
To make gillie 8
To make leach 8
To make ginsbred of Almonds 8
To make gingerbread 8
To make conserue of violettis 8
Tartes of orenge 8
To make white Tartes 8
To make conserue of cherries 8
To make Gallentine 9
To make snow 9
To make clouted creame 9
An almond cawdell 9
A chauderon for a swan 9
To stuff a hen or capon 9
To stew a rib of beefe 9
A banquetting dyshe 9
A cerop for an Ague 9
Serop of violettis 9
To make almond butter 9
To candie all kinde of flowers 9
To bake a chickin pie 9
To make fritters 9
To make a tansey 10
To stew/oysters 10

folio 1 verso || folio 2 recto

To boyle a capon 10
To make a gallantine for a
meates tongue 10
To boyle a lames purtnance 10
To make a lampren broth 10
To stew a rabbett 10
To make a pie of calues fete 10
To still a pig for a weke body 10
To frie calues feete 10
To make quiches in cerop 10
Chewets of shepes filletts 11
Tosts of kidneys of veale 11
To seth a pike 11
To make amond cakes 11
To bvake a neates tonge 11
To burne wine 11
A florentine of rice 11

To make a sack possett 11
To make a cullice 11
To make Almonde milke 11
To stew a tripe 11
To stew a neats foote 11
To stew muggetts 12
To make a tarte of hard chese 12
To stew a legg of mutton 12
To rost a grene goose 12
To make aloes 12
To rose a pig *with* hare on 12
To rost a hare 12
To make march paine 13
To stew a neck of mutton 13
To boyle stakes 13
To make all manner of puddins 13
To make fine aloes 13
A pudding in a chickin skin 13
To boyle mutton 14
Conserue of strawberries 14
The vertue of it 14
marmalett of damsins 14
or plums 14

To make conserue of
cheries & strawberries 14
To make losings 14
To make manus christi 14
The vertue of conserue
of rosemarie 14
To make Ipocras 15
To make a pomeauder 15
To boyle chickins 15
To boyle a neats tong 15
To boyle a capon ii 15
To boyle a capon in: 16
white broth *with* almonds 16
Boyle meats for dinner 16
Boyle meats for supper 16
To boyle a leg of mutton 16
with a puddin in it 16
To boyle pig fete 16
To boyle a mallard 16
To smere a conye 16
To make white esting
puddings 16
To make black puddings 16
To make fine cakes 16
To make crackenells 17
To bake a brest of veale 17
To make a pudding

in a brest of veale 17
To make bisketbread 17
To boyle musles 17
To bake a turkie and
take out his bones 17
To bake a kidd 17
To bake a mallerd 17
To bake a red deare 18
To bake humbles of a dere 18
To bake chickins 18
To bake calues feete 18
To boyle a brawne 18
To make all manner Tartes 18

2

To make a custerd 18
A tart of strawberries 18
To make a ta^rte that
will: 19
Pottage to loose the bodie 19
A broth for one thats weke 19
To boyle dyvers kindes of
fishes 19
To make a tarte of
grene pease 19
To make a florentine 19
21 Almond butter after
the best fashion 19
21 Another marmalett of
Quinches 19
21 To preserue pereplums 19
To make cast creme 21
To bake a conye 21
Doctor Steuens water 22
To bake porpas & seale 22
To *make* synamon water ii 22
To preserue goosberies 22
Aqua Composta for a surfet 22
To make water of life 23
To boyle a capon in white
broth 23
To make red deare 23
To farce all things 23
A gallintine for fish
or flesh 24
To stew oysters 24
A cerop for all kinde
of baked l meates 24
A cawdell comfortable
for an old man 24

A sallett for fish daies 24
:
To boyle a lambs head 24
with purtnance
To boyle chickins 24
To make a pie in
a pott 24
A tarte of creame 25
A tarte of eggs 25
A white leache 25
To boyle a Tench 25
for fresh Sawmon 25
White pease pottage 25
To purifie suger and
honey for all kind of frutes 25
To make rosemarie
water 26 26
To make oyle of
Cammomyl 26 26
To make a water to
drink in sommer 26 26
To make water of the
colour of the flower you
still 26 26
To still Cynomon water 26 26
A water to wash
the face 26 26
To make rosa solis 27 27
Another waie 27 27
A swete water 27 27
A swete water to
wash with all 27 27
A good damask water 27 27

folio 2 verso || folio 3 recto

Robert Nalson
1670

3
Here foloweth
the order of meates
how they must be ser=
ved att the Table with
the most of their
sawces for flesh daies
att dynner nbsp;

The first course.

Potage or stewed
broth boyld meat or
stewed meat, chickins
and baconn, powdred
beeife, pies, goose
pigg, rosted beefe
rosted veale custard

Second course

Rosted lamb, rosted
capons, rosted
conies, chickins,
peahenns baked ve=
nison.

Third course.

A dosen quales A
dosen larkes two
pasties of red deare
in a dish, tarte
gingsbread fritters

ffirst course at Supper

Boyled meat a sallett
pigg pettitoe powdred
beefe sliced, o shoulder of
l mutton a brest of veale.
Lambe custarde

Second course

Capons rosted, connies
roasted, chickins rosted,
pegions rosted, larkes
rosted a pie of pegions
or chickings baked venson
Tarte

Meates and sauces.

Iellie. peacocks, sauce, wine

and salte, conies or rabbets
sauce musterd and suger.
mallerd Teyle sauc musterd
and vergoons, Gulls, stork
Hernshew sauce gallentine
Curlue bitter busterd sesond
sauce water salte and onyons
sliced, woococks musterd
and suger

folio 3 verso || folio 4 recto

Seruice for fish daies
first course

Butter A sallet with hard eggs pottage
of Said eles or lamperne broth, red
heren grene broyld, white hering
Ling habberdine sauce musterd, salt
Sawmon minced sauce musterd & vergis
and a little Suger poudered conger
Shadd, mackerell sauce vineger whit in
sauce lyver and musterd, plaice sauce sorell
or wine and Salte or musterd or
vergeous Thorneback sauce liver and
musterd pepper and salt streined vpon
after it is bruised frew cod Sawce
grenesauce/ dace, mullett, Elees vpon
soppes roch vpon Sops, perch, pike
in pikesauce, sauce, Troute vpon Sops, Tench
in gillie Custerde/.

Second course

fflounders pike sauce
fresh Sawmmon fresh
conger, Bret, Turbut,
Hallibut sauce vineger
Breame vpon sops
Carpe vpon Soppes
Soles or any other fishes
fried rosted ele, sauce,
the dripping rosted
lampernes rosted porpos
fresh sturgion sauce
gallentine
Chevice, crab shrimps
sauce vineger, baked
lamprey Tarte, figgs
apples almonds blanched

chese rasins peares etc

4

[C] ertavne profitable
and well experyenced collections of swett
for makeing conserue of fruytes and
preseruing them: As also of Surgery
approved medecynes, good for any to know
and hurtfull for none etc.

propone tibi Iehouam
[N.W.]

To make marmalate

Receiue an hundreth of yellow quinces pare them and core
them cleane seth them verie tender when they are sodden lett
them dreyn, the holes being layed downward, then
streane them thorow A course streyner, and for every
pounde of streynd stof putto it three pound of white
Sugar well beaten to powder. must two granes, Cy=
namon halfe an ounce ce galling all thre graines some
cloues, let it boyle fare and softlie, and in the boyling
ever stirr it or els it will burne, or you will, *that* wilbe
in boyling two howers att the least, and when it is enough
you shall know by this meanes, Take a little out and lay
it vppon A colde dish or saucer, and if it stick it is
not enough, If it come of cleane it is tyme to take
it of the fyer and as sone as you can boxe it vpp
and kepe it drie, this is A very good marmalate
and very cheape as I haue often proved TH

folio 4 verso || folio 5 recto

Another of the Spanish fashion

Receiue qinches as many as you will pare them and coare
them cut in two peces, and lett them seth till they be softe
streine them and mingle them with Suger so that the quinch
excede not the Suger in weight: Seth it in an earthen pan
and ever stir it that it burne not and when it is almost
harde take it of and box it. And when it is in the boxe a
moneth boyle it againe with Suger a good pound and boxe
it vp againe, and it wilbe within A moneth or twaine all
Suger this is the best but somewhat costlie

To make marmalate of damsons.

Take one peck more or less of damsons neither too ripe nor too greene put them into A faire pan and boyle them, Straine them, and for ever foure pounds put to them two of good Suger finelie beaten and boyle them till they be thick and when it is enough box it vpp as you doe marmalate of quinces and kepe it drie.

To preserue quinces *without* suger or honey

Take A hundreth of the finest peares you can gett and of a good and pleasant tast even of the best pare them and cut them a sunder and putt out the cores as cleane as you can put them into an earthen pan and seth them all to peces breaking them with a slice or flatt pece of wood and when they are sodden all to peces lett them pas of them selues thorough a streiner and that licor that cometh through, seth it againe, putting to it an ounce of Synamon musk two granes cloues eight in *number*, lett it boyle till it come to A Serop. Then it shalbe knowne by laeing it on A pewder dish if it stick fast, it is well, if it stick not boyle it more till it cleane, Then coole it and put it into potts. *probatum*
If you will haue it candy, you must put in a quarter / of Suger beaten. When you will preserue quinces take the yelowest and the mellowest you can finde pare and core them very cleane sett them vpon the fyer and seethem verie tender, lett them dreyne and then boyle them in the Serope mencioned. till they be very Softe

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Mr *william*

Soley

And redy to breake Then take then of the fyer and put them together with the Serop and kepe it very close stopped This hath Mr Will Soley oftentimes proved. and it is woorthy the name of A secret. .

To preserue quinces with Suger. nbsp;

Receyue eight pound of Suger finelie beaten put to it A gallon of faire water a graine of musk Cynamon two ounces. Boyle the Suger to the height of a cerop, and the heigher it is the loonger it will kepe then pare your quinces and core them and boyle them first by them selues, and then in the cerope rowle them vp and downe and kepe them in cleane glasses and beware of frosts

To preserue cherries

Take the greatest cherries you can gett cut the stalkes of almost by the hard cherries, laie them in A fare platter the one by the other, then putto the foure ounces of rose water and strew vppon them a pound of Suger well beaten and lett them boyle vppon A chafindish of coales and when the cerop waxeth thick and red take them of and put the in glasses and potts

Another waie

Mistris Ashley

Take thre pounce of cheries and prick them full of holes put them in a platter and sett them in the Sunne three howers but your cheries must be verie rype and bigg make your cerop in this wise put to thre pound of Suger two pound of rose water boyle it to cerop and put the cheries in and the next daie boyle them A little vsing them so three daies together and keep them chase and close this waie *Mistris ashley* vsed to kepe cheries a very good waie.

To make a conserue of barberies

Boyle them and streine them and for everie pound of barberies a pound of Suger beaten boyle them over a small fyer and when they begin to be thick boxe them vpp laie a little to coole on a platter side, if it come of it is enough and will kepe well. The apothecaries sell it halfe raw *which* is very vnwholesome. proved .

folio 5 verso || folio 6 recto

To make a Suckett of walnutts

Take as many walnutts as you will when they are as great as A little damesin and draw a dubble thred thorough each of them in sundrie places and lett them lye in a platter two or three howers in the Sun that they maie drop their bitter liquor in the basin, then laie them in water twentie or thirtie daies ever shifting them. Or hang them att a myll dam in a baskett that the water maie run throughlie thorow the baskett and so they will in a shorte tyme be cleane frome their bitternes then first make your Serop. Take your Suger or honey as I haue written of honey, and boyle them well then put in the wallnuts and boyle them a good while together, then take them of and cover them close and lett them stand in the thing they were boyld in and the next

daie giue them a walme over the fyer and do this the space of ten or twelue daies and kepe them in potts or glasses the older, the better and sweter they are for then they receiue the Suger into them. The grene pill of the wallnut maie - bee thus vsed

To make grene ginger called venice ginger

Take a pound of ginger more or les keping the proportion stepe it a whole fortnight in warme water I meane shift it in warme water everie daie, then mundifie it and make it alwaies cleane from rottennes and take the greatest rason you can gett and when it is well soked as by your tast you maie know if it be not too bitter. Then drie it and put it into *your* cerop and eat everie daie once the space of eight daies and kepe it warme in a drie place. your cerop must be made with Suger wateter and suger candy beaten, and for everie pound of ginger you must have foure pound of Suger thre of water and halfe a pound of suger candie halfe an ounce of Synamon a graine of musk all well boyled together

To make peaches in conserue
both drie and wete

Take twentie peaches which are both great and almost ripe pare them verie cleane then laie them vpon a fare table to dry halfe a daie and in the meane time take for everie pound of peaches three pound of suger make it in a Seropp.

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put to it two graines of black musk cynamon halfe an ounce boyle it to a cerop and when it is pboyled put *your* peaches too it and lett it boyle a good while.

Then thos what will haue drie must be vsed on this fashion first take them out and laie them abroad in some vessell to drye either in the winde or in the Sun the whole daie together then dipp them, or doe them over with suger and in doing thus they wilbe as harde that you maie knap them in peces and as white as wafer and will melt in your mouth this is a very prettie secret now to kepe them weete lett them be kept in *somme* warme place and take hede of frost

To conserue or comfitt orange pills

Receyue orenge pills the thickest you can gett laie them to stepe ten dayes shifting them twice a daie when they are

stepped enough you maie see clerlie thorow them then sett
them in a serop of suger as I haue before written

To kepe quinces all the yeare

Iff you haue fare quinces that you will kepe take the worst
and smalest you can gett and chop them in peces and seth there
cores skines and all and when it is all well sodden streine
the water when it is colde pute your great quinces into the
liquour vncovered and vnpared and they will kepe two
yeares together and be as strong as if they were new gathered

To kepe barberyes

Pyck them cleane and put them into vergis and kepe
them verye close

To comfitt Lemmons and pome cytherons.

Take the pills of lemmons or cytrons purify them both with
in and without laie them to stepe in fare running water
the space of eight daies and not aboue, shifting them
everie daie once or twice, then put them into a serop of
Suger and boyle them well for they will ask a long tyme
to boyle, then take them of the fyer and in the next
daie boyle them againe doing this 4 daies together then set
them vp & straw vpon them a little cynamon suger & cloues

folio 6 verso || folio 7 recto

To make Sucate of mellons pompeons & gordes.

Take and cut your gourdes and mellons into long peces two -
handfull long and two Inches broade pare them and and pull out
cleane the sedes boyle them in fare water and lett them bee
tender. put them drie into the cerop of suger and boyle
them well and kepe them in a stew, they be not good to eat
till they be a quarter olde probatum.

To make cerop of quinces.

Take your quynches pare them and cut them in peces, so that
you touch not the core. put to your quynches the like quanty
of suger and somewhat more. as much rose water as will
moisten the same, put them into a pewder pott close covered
sett them in the embers and lett them boyle the space of seven

or eight howers with a reasonable fyer, and lett them draine through a streyner, then sett it in the Sonne thre or foure daies and cover it close

To preserue and kepe peaches and other fruites

Take peaches and other fruites that you will kepe in the fare and dry wether and open them in the middest and take out the stone and laie them to drie a daie in the Sunne. Then take sodden suger well purged and rub them over with and the next daie sett them in the Sunne againe, and rub them with the said Suger as often as they shall drie vntill they gathered a crust vppon them, and kepe them at *your* pleasure

To make eggs in moneshine

Put soppes of fine wheat bread in a platter and put to them malmsey rosewater water swete butter and suger, boyle it, then lay the yolkes of eggs vppon the soppes as round as you can when they haue boyld a while, cast on Suger Synamon and ginger and so serue them fair vpp. //

To bake an oxe tonge.

Seth it tender, and slice it in broad peces, then put minced marrow into the bottom of the pie, and so betwene every slyce

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Mistris Granener

Cast on little salte and so sett it in the oven, and being baked, cut a manchett into tostes, toast them att the fyer and put them in a pinte of red wine and a little vyneger and streine them, then take a few cloues maces synamon and suger seth them together till they waxe thick, then put it into the pie and lett it bake a quarter of an hower after and soake well

To bake a quince pie

Take out the coare, and being well pared, perboyle them in water vntill they be tender, then draine them frome the water, and fill everie quince with Marrow Cynamon and a little ginger, lett the pie bake the space of an hower

To make marmalat of plums

ffirst drie them with a fare cloth, then sett them on a hote fyer all=
waies sterring them till they be thorow hote, but take hede of
brusting, then pill of the skinne and take out the stones, laie them
on a fair dish, break them with a fare sponne or streine them
Then take a good quantitie of suger and as much rosewater as will
wett the suger boyle it till it be somewhat stif, then add too your
stuf of plums and boyle them till they be almost candyed then put
it vp in your marmalate boxes and kepe it for your vse.

To preserue quinces

When they are cored and pared laie them in fare water to stepe
till you boyle them, then take them out and boyle them till they be
somewhat tender, then weigh your quinces with suger, and take
their weight and halfe their weight in good suger finelie braie
it, and put therto thre or foure sponnefull of rose water boyle
it and your quinces their in till it be tender enough then put
them in a gallie pott or a wide mouthed glas for brusting, but
in any cast looke the vessell be fare and drie that you put them
in or it will spoyle them and soe kepe them. Ro Darcy

folio 7 verso || folio 8 recto

Another way to preserue quinces

Pare them and core them, drye them with a fare linyng cloth, then
sett a pan of fare water on the fyer, when it boyleth put in good
suger small beaten and for every pound of quinces two pound of
suger, when it boyleth put in your quinces, cover them very
close and take the kyrnell and sow them in a linyng bagg and
put the bag in your licour lett it simmer but softlie for
breaking your cherries Quinces If your serop be not clere
put it thorow a streyner when your quinces are soft take
them vpp with A sponne and laie them on a fare platter boyle the
cerop till it be thick, then take out the bag and put the cerop
with the quinces into a gallie pott and cover them close but the
first waie is the better.

To preserue rosemarie flowers

Take rosemarie flowers, pluck the white frome the grene and
wash them fare and close put them in rosewater and suger and
seth them till they be thick, then take them frome the fyer, and put
in A little Synamon and put them into your potts and when
they be colde cover the.

To make conserue of roses

Take the buds of roses cut of the whites and lett them hang A daye of two in the Sunne, then braie them in a mortar, put to a verie pound of roses a pound of suger and beat them together till they be well incorporated, and kepe it in a fare pott.

To preserue plumes or bullis

Take take to everie pound of plumes or bullis a pound of suger then take a gallie pott and strew suger in the bottom a good thicknes laie a ches of plums and suger betwene everie ches, then haue a pott of boyling water of the fyer and lett the pott with plums seth softlie theirin cover it close, and when the suger is molten take it out of the pan.

To make marmalett of peaches

Take white wine seth it on the fire and put the peaches theirin when it boyleth when they are tender take them out and streine them then boyle them well and put in rosewater and Suger seth them till it be thick, the boxe it vp strew suger theron when it is cold cover it close

8

To make suger of roses

Take the leaues of rose flowers; cut them small and to A pound of roses take thre pound of suger, myngle them stamp them and put them in a glas, sett them a moneth in the Sunne and stirr them everie daie, this suger maie be kept thre yeaes and is good to comforte the harte.

To make Gillye

Take calves feete seth them till they be broken, then streine the licoure into a wooden vessell and lett it stand till it be colde, but you must scum it verie well whilest it seetheth and blow the fatt cleane of it, then put it into a pott, And take turnsoll wash it cleane and put wine into it. Take A good quantitie of Synamon and ginger and braie them in A mortar with Suger and lett all seeth together, then take the whites of two eggs beate them in and stir it softlie

when you think it is sodden enough, put it in your gillie bagg, and take a few fethers of your capon neck and a branch of rosemarie and put in the bottome of your gillie bagg and lett your gillie run thorow, if it be not cleare enough att once then as often as you think good

To make lech.

Take neates feete and pick out the fatt and take out the great boanes, seth them till the broth stand verie thick scumm it ever as it riseth then streane it throrow a stre=ner and lett it stand till it be colde. Then take all the best and season it with honey Anisedes licoras and pepper. If you will haue it redd, colour it with -- Turnsall. If yellow with saffrom. If grene with yong rie blades, or some grene hearbe and so boyle it a good while and streane it thorow a streaner and after as you will everie colour one aboue another, and soe slice it and serue it furth

To make Gingerbread of almonds

Take good Iordan Almonds blanch them verie fine and put to theirto whites of eggs and after the quantitye of Almonds woork them in suger, and braie them well in a mortar, moule it with Synamon and put therto two or three sponefull of white wine, and prynte it as you think good

folio 8 verso || folio 9 recto

To make gingerbread

Take strong ale and honey boyle them verie well, scume it and put in as much vineger as you think good and three or foure ladles full of clarett wine, put therto a good quantity of Anysedes licoras pepper mace and cloues and as much of Sanders as will colore it well. lett it boyle a good while together, then take your crumes of bread finelie sifted and put them into the licour boyling on the fyer. Styr it till it be thick, then take it of, and woork it with crumes till it be stif enough, then take it furth of your pott and mould it *with* Anissedes and licoras and so print it but cast Synamon and ginger in your printe

To make conserue of violettts

Take vyoletts putt the leaues out of the whyte endes and tye them in a lining cloth, and hang them vp one daie and a night braie them verie well putt therto Suger as much as you think good till they cleaue together and be sadd

To make Tartes of orenge

Shaue your orange pills and laie them in water one night perboyle them in foure waters and laie them in malmesey two howers. Then take them out and wring them hard and sett the Licour on the fier and put to it the yoakes of two eggs suger and rosewater

To make white tarte

Take creame and bread and sett them together streane them and sett them on a chafingdish and streane the yoakes of eggs with them seeth them with synamon and Suger and when you haue filled your Tarte cast on Suger and rosewater

To make conserue of cherries

Take Cherries and put them in an earthen pott, and a little rosewater and so seeth them vntill they be enoughe. then streine them and putt theirto Suger Synamon and mace about them, and boyle them on a chafing dish vntill they bee as thick as treacle and put it in your boxe

9

To make Gallantine

Make sippitts of wheat bread and stepe them in vineger and put to it A little wine. streane it and put in Suger Synamon and ginger, lett it boyle on a chafing= dish and so serue it

To make snow

Take the whites of eggs beat them till they rise on A fome and put theirto a good quantitie of suger and A little swete creame, beat it together till it hath hard fome then cast it in your rose marie stalks

To make clouted creame

Take the creame of morning mylke and new mylk att night put them together in A pan setting them on charcole embers cover them and lett them stand all night then take it of the fyer and itt wil be clouted and put theirto Suger Synamon and ginger and so serue it

To make an almond cawdell

Take almonds blanch them and bray them small strewe them with ale and suger sett them on the fyer but lett them nott boyle put in suger Synamon and ginger when you take it of the fyer and so serue it

To make a chalderon for a swan

Take the giblets of the Swan seth them in fare water till they be tender and take some of that licour with the blood of the swan and laie bread in it, when it is well steped streine it and put in Suger and Synamon boile it on a chafingdish till it be thick and serue it vppon saucers

To stuf a hen or capon

Take tyme persley yoaks of eggs small rasins and the capon lyver perboyled and chopp them together

To stew a rib of beefe

Cutt it small and put it in your pott when it is stewed take rosemarie sage and Isop bind them together and put in your pott, when the meat is halfe sodden put in caretts and pasneps

folio 9 verso || folio 10 recto

To make a banquetting dish

Take A pinte of creame and the whites of foure eggs beat them well in a dish and put them to the creame boyle them till they be thick. then streane it with rosewater and suger and so serue it

A Serop for one that hath an ague

Take A pottell of spring well water sett it on the fyer and put in halfe a pound of rasings and the vpper crust of a manchett seth altogether to the halfe and streine it through a strener seth it well and put their to Suger and vyneger

Seropp of violetts

Gather you violetts drie, take nothing but the blew leaues, laye them in water thre daies and thre nights, then seth them till the leaues be white and the water blew, streane them and seth them againe, and put in Suger as much as you think good and seeth it againe till it be indifferent thick, lett it stand till it be colde then put it in a pott and couer it

To make Almond butter

Take a pinte of creame and the yolks of eggs swing them in A dish, put them in your creame and seth it on the fyer till it be thick, than take it of and cast it in a clene cloth till the whay be gone frome it, then put it on a fare dysh and season it with rosewater and suger so dish it and serue it

To cande all kinde of flowers

Boyle rosewater and suger on a chafingdish and when it is thick put in your flowers and spred the leaues a broade with a knife point, when they are boyled a little, laie them on a trencher, and take suger candie brayed but not too small and throw the iron when they are cold laie them in *your* boxe

To bake a chicking pie

Stuf your chickings with heathorone berries, then take two or thre egg yoakes and put in a good quantitie of vergice swing them and put thereto suger Synamon and ginger, put butter enough in your pie with *your* chickins and leaue a hole in the top of your cover and when it is halfe bake putt in serop

To make fruytters

Take Ale, apples shred them not verie small wheat flower

blend them not verie thick take eggs swing them in a dysh and put thirto season then with safron suger mace cloues and peper

10

To make a Tansey

Take ten egg yoak with thre or foure whites beat them well together, Take spinage vyolett leaues a little tansey and walnut tre buds chop them and strene them, then put in the Iuce with a few cake bread crumes a little creame

To stew oysters

Take Clarett wine butter onyons sliced boyle them well on a chafingdish putt in a little vineger with hole mace and currants boyle them well and serue them vppon Sippetts you maie put in a tarte apple if you list

To boyle a capon

Seth the capon on the fyer with marie bones when they haue boyled take the best of the broth put it in an earthen pott, Then take orenge pare of the rinde and slice them thin cast awaie the kinnells and put the orenge into the broth and as much Suger as you think will make it plesante hole mace a pece of marie or els butter with Synamon and ginger and so serue it

To make gallantine for a neats tongue

Take wine and vineger and sett it on a chafingdish and put to it suger Synamon and ginger, lett them boyle till they be somewhat thick and if for a hare or other thing put in bread crumes

To boyle a Lames purtenance

Chopp it finelie, put it in a pott, and put to it butter and vineger, lett them boyle together then take an onyon, tyme margerome and peneriall with persley chop them small. put them into the pott and lett them seth altogether Season it and serue it vpp.

To make a lampron broth

Scalde them with hote water and a little haye cut them in little peeces then take fare water and a good deale of new ale barme, boyle it a good while and put into it your Lamprines and all the blood Then take persley time and an onyon chopt small and put into your broth with currants and a good deale of butter when it is enough season. and serue it

folio 10 verso || folio 11 recto

To stew a rabbett

Boyle it in fare water and scum it cleane then put in a little white wine or ale lett it boyle a good while and take persley time an onnyon or two chopt small and put into your broth with crumes a good deale of butter, lett it boyle a good while and season it with pepper and salte

To make a pie of calves fete

When they are boyld take the bones out of them and lie them in past with butter, And make your cerop of vergis suger Synamon and ginger and put it in your pie when it is halfe enough

To still a pig for a weake bodie/

Take a pig not verie fatt but well fleshed dresse is cleane and drie it well with a cloth and quarter your pig and put it into A fare earthen pott and the haed with it, put in also a quarter of a pound of dates so manie prunes as manie rasins of the Sunne halfe a pound of currance halfe a quarter of a pound of hole mace a handfull of sugar candie as much blood woorte as much lyverwoorte and hartstongue violett leaues strawberrye leaues fennell rootes a handfull of longdebeefe and as much mario= rum, then take a quarte of fare ruinnging water and put to all your Stufe, cover your pott well with past and take a kettle of fare water and sett it on the fier sett your pott in the water and lett it boyle foure and twenty howers, and kepe the kettle alwaies full of water, after foure and twentie howers take the broth in the pott and streane it through a fare cloth and take a sponefull att once in your cawdells and pottage

To frie neates feete

ffrye them in fresh butter and lapp them in crumes of bread and fry them againe and make a gallentine for them and serue them vpp.

To make quinches in Serop.

Take twentie quinches and fyue pound of suger, pare and core them boyle them till the broth be somewhat strong, then streine one pinte or a quarte of the best brother and one pinte of rose -- water when it is scumed put in your Suger with your quinches and boyle all till the quinches betender tender and your cerop thick then take vp your quinches and put in a few cloues

11

To make chewetts of shepes filletts

Perboyle the filletts and chopp them small with sewett of beife, put in cloues mace suger currants and dates and some salte and lett them not bake too much

To make tostes of Kindes of veale

Take the kidneys out when the veale is halfe roasted chopp them small with some marie

To seeth a pike

Take a pike seeth him in water and salte and put thereto a little vineger, when he is sodden take forth some of the broth and put therin oatmeale and butter hole mace onyons shred and vyneger lett it boyle till the onyons be tender, then make sops laie the pike theiron and serue him vpp

To make almond cakes

not uery good

Blanch your almonds beat them well in a mortar take A quantitie of butter clarifie and putt therto your almonds with a quantitie of mace cloues pepper saffron and a good deale of suger, warme them all on the fyer and hell them on a quantitie of fine flower make them in

cakes bake them and the will be good

To bake a neates tonngue

the first is the better

2 Take the tongue of a yong beast and seth it till it be tender slice it as thin as you can and season it with pepper and salte then take onyons slice them thin and make a prettie coffin as you please and laie one chese of the tongue and another of the onyons till you haue filled your coffin, put not in your ceropp till it be halfe enough and make it of vergis

To burne wine

Put the wine into a peuder pott sett it on the fier put theirin rosewater grated nutmeggs braied mace hole cloues suger synamon and ginger, lett it boyle on the fyer, then pele it furth of one pott into another and if it will not burne with your paper sett it on the fyer againe

Webster

folio 11 verso || folio 12 recto

To make: A florentine of rice

Stepe your rice a night in water and seth it in mylke then take it out and put to it raw eggs yokes some butter good store of suger small rasins and boyle it on a chafingdish of coles a good while, then take some past cut it round laie it on a peuder dish, but cleanee butter on the dish vnder the past then laie the rice on the past and a cover vncutt cut it about with what fashion you will cast on rosewater and suger and sett it in the oven when it is baked cast on suger & serue it

To make a sack possett

Take creame and cake bread crumes boyle them on the fyer with nutmegs suger synamon and ginger sett your sack on the coles to warme and and put in your mylk well and whote some blend a little ale with the sack.

To make a cullis

Take a coney and boyle her well till she be tender, take all

the flesh and bray it in a peuder pott till it be small and streane it with the broth putto it a little rosewater Suger Synamon ginger mace cloues a little white wine sett them on the fyer blend them together but lett them not boyle but simmer a prettie while, and then put it into a peuder pott

To make almonde mylke

Take Almondes blanch them and braie them with the lyver of a capon, then bray them small in a mortar, streine them furth with rosewater not verie thick and season them with mace and suger and a little of a nutmegg, sett it on the fyer and lett it simmer well

To stew a tripe

Take vineger and butter boyle them well together, then cut your tripe in prettie peces put it therein and boyle it on a chafing dish till it be tender with currants whole mace suger Synamon and ginger serue it vpon Sippetts

To stew a neates foote

Slice it verie thin, boyle it on a chafingdish of coles with vergice butter currants suger Synamon and ginger take two egg yoakes swing them verie well lett it coole and put them therein. let it semer and serue it on Sippitts

12

To stew muggetts.

Wash them fare and perboyle them, cut them small and put them in a little pott, with either swete beife broth or mutton broth when they haue sod a good while put in a good sawcer full of ale barme, Then take lettice spinage or persley and put in which, or all if you will lett them seth with the muggetts with a little vergis butter and gros pepper, when they are tender serue them. .

To make a tarte of hard chese.

Dryne your past verie thinne and raise it then take good hard chese and scrape their of a saucerfull and put theirto thre or foure ounces of rosewater with asmuch

Suger as will make it swete sett them vpon a chafingdish of coles and lett it boyle till the chese melten, when it is cold streak it vpon your past as thin as you can and sett it in the oven which must be very cleane and not verie hoate, This lett it bake two pater noster then take it out and with a fether strike over two or thre sponefull of rosewater sett it in the oven againe and lett it stand as long as it did before then cast on rosewater againe with a good deale of Suger finelie beaten. Sett it in the oven againe and lett it bake till it be somewhat browne, when you serue it furth streak on more rosewater. Lett it be done quicklie for cooling the oven

To rost a legg of mutton

Take persley time margerome penoriall and two hard egg yoakes chop them verie small and put to them a few currance cloues mace pepper and suger, stopp the leg of mutton well with them and stick it full of cloues, lett it rost till it be tender, when it is almost enough take some of the gravie and boyle it on a chafing dish of coles with a little vergice ginger suger and synamon serue it vpon the sauce

To rost a grene goose

When your goose is dressed take a handfull of rasins persley chopt small. pepper amd butter put in her bellie and so rost her Sorell sauce is good

folio 12 verso || folio 13 recto

To make alloes

Take persley time margerome and peneryall two yoakes of eggs hard roasted chop them verie small and put to them currance, then take a leg of mutton or veale and cut it in thin slices, and the fareing with a pece of butter in every one of them so that they be round and so putt them close together, Sett a fare dish vnder them and bast them with Butter, when they are almost enough, then take the bastings of them and put therto a little vergice Suger Synamon and ginger, sett it on a chafingdish and lett it boyle a while and serue *your* alloes and your sauce together

To rost a pigg with hare on

Wash your pig verie cleane, draw it and take the lyver and perboyle it, streane it with a little creame and yoakes of eggs and putt theirto grated bread rosemarie small rasins nutmegs powder of mace Suger and salte, stir theis together and put it into the piggs bellie. Sew vp the pig and Spitt it with the hare on. when it is halfe enough teere of the skin but take hede of the fatt Bast it well and when it is enough crume it with some bread crumes suger synamon and ginger and - lett it be some whatt browne

To rost a hare

Take the hare, flea her, take persley time Savory and onyons chopt with yoakes of eggs crums of bread a little creme a good pece of butter a little pepper small rasins and barberrys work all theis together and sew them in the bellie of the hare when she is almost enough bast her with butter and the yoake of an egg and make venison sauce for her

To make marchpane

Take halfe a pound of blanched almonds, a quarter of a pound of white Suger a pound of rose water halfe a pound of da= mask water beat the Almonds with a little of the same water and grinde them till they e small sett them on a few coales of fyer till the water wax thick beat them with the suger finelie, and mixe them and the swete water toge= ther: So gather them and fashion your marchpane, then take wafer cakes of the broadest making, cut them square past them togethr with a little licour and when you haue made them as broad as will serue your purpose haue

13

Redy made a hoope of a grene hazell wand the thicknes of halfe an Inch on the innerside side smoth and on the outter Syde rounde and smoth without any knotts, by this hope pin your wafer cakes aforesaid and then fill the hoope with the geare aboue named the thicknes of the hoope and the sauce smoth with the Back of a silver sponne as you doe a tarte, cut awaie all the partes of the cakes even close by the outside of the hoope with a sharp knife that it maie be rounde, then haueing white paper vnderneath it sett it on a warme herth or vpon an Instrument of Iron or bras made for the same purpose, or into an

oven when the bread is drawn out if it be not stopped
It maie not bake but onelie be hard and thorow dried
and ye maie while it is moist stuf it full of comfitts of
dyvers colonis in a comelie order, ye must moist it over
with rose water and suger together make it smoth and soe
sett it in the oven or other instrument, the clearere it
is like Lanterne horne so much the more comended
if it be thorow dried, and kepe it a daie in the warme
Drie. A marchpane will last manie yeares. It is A
comfortable thing mete for sick folkes such as lost the
Tast of meates by reason of much and long sicknes
The greatest secrett that is in making this cleare is
with a little fine flower of rice rosewater and suger
beaten together and laid thin over the marchpane, this
will make it shine as laidies reporte

To stew a neck of mutton

Cut a neck of mutton in peces and frie it with swete
butter vntill it be halfe enough and frie with all a good
manie onyon slices, then put them in a little pott and put
theirto a little chopt persley, and asmuch broth of
mutton or beefe as will cover the meate with a little
pepper salte and vineger, then lett it stew together
verie softlie the space of an hower, and so serue it vpon
Sopps

folio 13 verso || folio 14 recto

Another way to stew stakes

Take the great ribbs of a neck of mutton chopp them as under
wash them well and put them in a platter one by another, sett them
on a chafingdish of coles, cover them close and turne them now
and then lett them stew till they be halfe enough, then take
persley time margerone and an onyon chop them small and fine
cast them vppon the stakes, put theirto a sponefull of vineger
thre sponefull of wine a little butter ad lett them till the mutt
ton be tender, cast on a little pepper and if your brothbee bee too
sharpe put in a little suger. serue it vpon Sippitts

To make all maner of puddings

Shred the filletts of A legg of veale as fine as you can rosema=
rie and the yoakes of two hard eggs, Season it with synamon
ginger cloues and mace pepper and salte a little suger a few
currance, then take thre or foure yoakes of eggs to bring
them together. fashion them like peares, Then take the best

of poudred beefe broth halfe as much wine a little marie or butter a few prunes and lett it seth awhile, and as it setheth put in your puddings one after another, when they are enough beat the yoakes of eggs with vergis and suger and serue them vpon Soppe

To make fine Aloes

Take the fillet of a hog perboyle it chop it small and season it with peper salt cloues mace synamon corance and yoaks of foure eggs, blend them and facion them like pearces or apples, frie them with swete butter and cast crumes of bread vpon them. Make the sauce with butter vergice synamon suger and ginger boyled on the the coales

To make a pudding in a chickin skinne .

ffirst scald the chickin skinne. and lett not the water be too hoate for breaking the skinne, cut the skiine over the shoul= ders and a little over the cruppon, and so putt it of without tearing leaveng the pynyons, leggs, and rump to the skinne, and make your pudding with a little pece of veale perboyld and shred verie fine, grated bread small rasins dates minced cloues mace, a little pepper and salt a little

14

Creame and suger vj eggs and as much sewett as will fill the skinne sew it vp where it was cut and be sure the leggs and shoulders be filled, then put it into sething water and lett it seth softlie the space of two howers make what broth you will and serue with broth vpon sopps

To boyle mutton

Sett it over the fyer in fare water when it is scumed putt theirtho halfe a handfull of spynnage asmuch lettuce a handfull of rasings as many barberies or gooseberies and thicken it with barme putting therto grosse pepper and vergis

To make conserue of strawberries

Take a quarte of strawberries pick' them cleane and wash them, sett them on the fyer till they be softestreine

them and put to them their double weight in sugar two or three spoonfull of rosewater, lett them seeth till the sugar be incorporated with the strawberries, and put itt in your vessell for the purpose.

The vertue

Conserue of strawberries is good against a hoate Lyver, or burning, the stoane and especiallie in the fervent heat of an ague

To make marmalett of damsons or plums

Take damsons or plums when they are ripe boyle them on the fier with a little faire water till they be soft, then draw them throo a course boulder as ye make a tarte sett it on the fyer againe and seeth it on height with sufficient sufficient Sugar as you doe your quinces: dash it with swete water and boxe it If you will make it of prines, even doe put some apples Note: to it as you doe to quinces This wise you maie make marmalett of warden or peares, and medlars chockars or Strawberies, everie one by it selfe, or myxe it together, as you think good

folio 14 verso || folio 15 recto

To make conserue of cherries and barberries

Likewise you must make conserue of cherries and of Barberries saveing that theis require more Sugar then the other, whiche be not so Sower

Livere is to be noted of conserue of fruites maie be made marmalett, for when your conserue is sufficientlie sodden and redy to be taken of, then seeth it more of height and it wilbe marmalett more over some make their conserue and marmalett of cleane sugar, some with cleare clarified honey and some with Sugar and honey together. But after the oping on of dyvers apothecaries, honey is more wholesome though it bee not so toothsome and pleasante as Sugar

To make manus christi

Take halfe a pound of white sugar put thereto foure ounces. of rosewater seeth them vpon a soft fyer of coale till the water and the sugar be come harde then put therein a quarter

of a pound of pearle stir them well together, put for everie sponefull a peece of a leafe of golde cut for the purpose; cast them vpon a leafe of white paper anynted first with the oyle of sweet almonds of swete butter for cleaving too

To make losinges

Take halfe a pound of suger as much rosewater or other distilled water as for manus christi seth them likewise and if you will know when it is Sodden enough, take out some vppon a knife pointe and lett it kele, and if it be hard like suger then it is sodden enough, then put into it any of theis pouders following one once stir them well together and lay them vppon a paper oyled, drine it as thin as you thinke meete, laie on your gould leafe with a connies tale, cut them dyamond fashion and soe kepe them

The vertue of conserue of rosemarie

1. Conserue of the flowers of rosemarie comforteth the
2. colde and moist braine, it comforteth and strengthen the
3. the Synnes, and it is good against melancholic and fleame

15

To make Ipocras

Take of chosen Cynamon two ounces of fine, ginger an ounce of graines halfe an ounce bruise them small and stepe them in thre or four pintes of odeferous wine with a pound of Suger by the space of foure and twentie howers, then put them into an Ipocras bag of wollen and so receiue the the licour. The best waie is to put the spices with halfe a pound of Suger and the wine into a stone bottell or a stone pott stopped close and after foure and twentie howers it wilbe redy then cast a thin lining cloth on the mouth of the pott and lett so much run thorow as you will occupie att once and kepe the vessell close for it will so well kepe the spuritt odor and vertue of the wine and spices

To make a pomeander

Take of Beniamyn one ounce of Storax calamint halfe an ounce of Labdanum the eight parte of an ounce

beat them to powder and put them into a brasen Ladle with
a little damask water or rosewater sett them over:
the fyer of coales till they be dissolved and be soft like
waxe, then take them out and chase them betwene *your*
hands finis
whoew

To boyle chickins

You shall boyle them with Grapes and with a rack of mutton
together, and let the rack of mutton boyle halfe an hower
before. Then make a bunch of hearbs of rose marie time
Saverie Isopp and margerom binde them fast together and
put them in the pott, when you see your time put in *your*
chickins with persley in the bellies and a little swete
butter vergeous and pepper Boyle your grapes in
a pipkin by them selues with some of the broth of the chickins
but take hede you boyle them not too much or to little, then
take the yoakes of six eggs and streine them with a little
broth of the pott and put them into the pipkin to the
grapes, stir them and when they begin to boyle take
them frome the fire and stir them agood good while after you
haue taken them vpp, then haue *your* suppitts redie in
a platter laie your meat vppont then power on

folio 15 verso || folio 16 recto

The stuf in the pipkin grapes and all vppon the meat
and after this sorte serue it vpp.

To boyle a neates tongue

Imprimis boile it in fare water and salte, then pell it and
cut it in the middle, then boyle it in red wine and fill it full
of cloues and a little suger, then wash it with a little swete
broth to doe awaie the sent of the wine. Then make a little
redd muskett of red wine and prunes boyled together and
streine it with a little musterd and serue it vpp

To boyle a capon

1 Put the capon into the powdered beef pott when you think it
almost tender, take a little pott and putt therein halfe water
and halfe wine, marie, currance dates hole mace vergis
pepper and a little time

The boyling of a capon

2 Seth the capon in water and salte and nothing els and to make the broth, take strong broth made with beef or mutton or both so that it be strong broth, and putt into itt rosemarie persley and time with foure leaues of sage, this lett seeth in it a good while, and then put into it small rasins and a few whole mace. A quarter of an hower before it be redy to be taken frome the fire haue ready sodden foure or fyue eggs harde and streine the yoakes with a little of the same broth and vergice haue a little marie cut in small peces and an apple redie pared and cut in small peces, and if the time of yeare doe seruce, take the best lettice cutting of the topp till the white and best and take a few prunes with a few dates two or three, Thus lett it seeth a quarter of an hower and more, when it is readie to take vp. haue your dish redy with Sopps, and the water well streined, out of the capon and season the broth with a little pepper, then dish it and scrape Suger theiron, and laie prunes round about the dish side

16

To boyle a capon in white broth with Almondes

3 Take your capon and sett him on the fyer with marye bones when it is well scumed, take the fattest of the broth and put it into a little pott with a good deale of marie prunes dates hole maces rasins and a pinte of white wine, then blanch your almonds and streine them and theirwith thicken your broth and lett it seeth a good while and when it is enoug, vppon sopps serue it with your capon

To make boyld meats for dynner

Take the ribs of A neck of mutton, stuf it with tyme margerome saverie persley chopt small currance with the yoakes of two eggs pepper and salte, then put it into a posuett with fare water or the licor of some meate with vineger and so serue it

Boyle meat for supper

Take veale and put it in a posuett with carret rootes cut in long peces boyle it and put thereto a handfull prunes and crumes of bread. Season it with peper

Salte and vineger

To boyle a leg of mutton *with* a pudding

ffirst with a knife raise the skinne round about till you come to the loyntes, when you haue perboyld the meat, shred it fine with suett or marie persley margerome and b peneryoll Season it with pepper and salte mace cloues and Synamon and take the yoakes of ten eggs, and mingle with your meate a good handfull of currance, a few minced dates and put the meate into the skinne of the legg of mutton and close it with pricks, and so boyle it with the broth that you boyle a capon and lett it seth the space of two howers

To boyle pig feete and petitoes

Boyle them in a pinte of vergeous and bastard take foure dates minced with a few small rasins, then take a little time and chop it small and season it with synomon ginger and a quantitie of vergice

folio 16 verso || folio 17 recto

To boyle A mallerd

Seth him in fare water with a good marie bone and in cabbage woorth or cabbage lettice or both some persnep rootes or carot rootes when all theis be well sodden put in prunes enoughe thre dates and Season him with salte cloues mace a little Suger and pepper. Serue him furth with Sippets, and put the marye vppon him, and the whole mace laie on the sippetts and the dates quartered *with* the prunes and the rootes cut in round slices laie them vpon the sippetts also and the cabbage leaues laie vppon the mallerd

To smere a conye

Take the lyvers and boyle them and take swete hearbes aples the yoakes of hard eggs and chop them *altogether* currance suger Synamon ginger and persley and fill the conye full hereof, then put her into the swete broth and put in swete butter, chop the yoaks of hard eggs sinamon ginger Suger and cast it on the conye when you serue it vpp season it with salte serue it on Sops and garnish it *with* fruit

To make white esting puddings

Take a great oat meale laie it in mylk to stepe and put in the yoakes of some eggs and putt to it oxe suet finelie minced Season it with suger synamon ginger cloues mace saffron and salte and so fill them

To make black puddings

Take great oat meale and laie it in mylk to stepe, and take shepes blood and put to it, and take oxe white and mnce into it. Then take a few swete hearbes and two or three leke blades chop them verie small and put into it the yoakes of some eggs. Season it with Synamon ginger cloues mace pepper and salte and so fill them

To make fine cakes

Take some flower and good damask water you must haue none other licour but that. Then take sweet butter two or thre yoakes of eggs a good quantitie of Suger a few cloues and mace as your cookes mouth shall serue him a little safron a little goods good aboute a sponefull if you put in too much they shall arise. cut them in squares like vnto

17

Trenchers and prick them well and lett your oven bee well swept, laie them vpon papers, and so sett them into -- the oven: doe not burne them if they be thre or foure daies olde, they be the better

To make cracknells

Take fine flower a good quantitie of eggs asmany as will supplie the flower, then take as much suger as will sweten the past, and yf you wilbe att the cost to raise it with eggs then put theirto swete water synamon and a good quantitie of nutmeggs, and mace according to *your* bread take a good quantitie of Annesedes and lett all be blended with your flower, and the putting in of your eggs or other moister, sett on your water and lett it be att sething before you putt your crackenells in if they will goe to the bottome and att their rising take them out and drie them with a cloth and bake them

To bake a brest of veale

Breake the bones thereof in the middest and perboile it, take out the bones and season it with pepper and salte and laie it in the coffin with a little swete butter and close it vpp, then make a cawdell of yoaks of eggs and streine it, boyle it on a chafingdish of coales, and season it with suger, and put it in the pie and sett it in the oven againe till it be enough

To make a pudding in a brest of veale

Take persley time wash them picke them and chop them small then take eight yoaks of eggs grated bread and halfe a pinte of creame being verie swete, and season it with pepper cloues and mace saffron sugar small rasins and salte put it in rost it and serue it

To make fine biskett bread

Take a pound of fine flower and a pound of suger mingle it together a quarter of a pound of anissedes foure eggs two or thre sponefull of rose water put all theis into an earthen pan and with a slice of wood beat it the space of two howers, then fill your moulds half full, which must bee of tynne, and sett them in

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The oven being so hote as it were for cheat bread, lett it stand in an hower and a halfe, you must anoynt your moulds with butter before you putt in your stuf, when you will occupie it slice it thin and drie it in the oven, your oven being whotor then you maie abide your hand in the bottome

To boyle muskles

Take a little water and yeast, and a good dish of butter onyons chopt and a little pepper when it hath boyled a little while then see that your muskles be clene washed and put them into the the broth shells and all when they be boyled well serue them broth and all

To bake a turkie and take out his bones

Take A fatt Turkie after you haue scalded him and washed him

cleane laie him vpon a fare cloth, slitt him throughout the back and when you haue taken out his Garbage, then must you take out his bones so bare as you can, when you haue so done wash him cleane trusse him and prick his back together, and so haue A kettle of fare seething water and perboyle him a little then take him vp that the water maie run cleane out of him when he is colde season him with pepper and salte, and prick him with a few cloues in the brest, and also draw him with larde if you like of it, when you haue made your coffin and laid your Turkie in it, put some butter in it, and close him vp In this sorte you maie bake a goose Phesant or capon

To bake A Kydd

Take your Kidd and perboyle him, and wash him in vergeous and saffron, season it with peper salte and a little mace, laie it in your coffin with swete butter and the licour it was seasoned in and so bake it:

To bake a mallerde

Take thre or foure onyons stamp them in a mortar and streine them with a sawcer full of vergeous, then take your mallerd and put him into the said Luce of the onyons, and season him with pepper and salte, cloue and mace and so put your mallerd into the coffin with the said Luce of onyons and a good quantitie of winter Saverye a little time, persley chopt small and A little butter, so close it vp and bake it

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To bake redd deare

good

Take A handfull of time, a handfull of rosemarie A handfull of winter Savorie a handfull of bay leaues a handfull of fennell when the licour seethes that you perboyle your venyson in, put in your hearbes also, and perboyle your venison till it be halfe enough then take it out and laie it vpon a fare boord that the water maie run frome it, then take A knife and prick it full of holes whilest it is warme haue A fare trey vineger; and so put your venison theirin frome morning vntill night and ever now and then turne it vpside downe And then at night haue your coffin redie, and this done season it with synamon ginger nutt= meggs peper and salte, and when you haue seasoned itt put it into your coffin and putt a good quantitie of swete butter

into it and then put it into the oven at night when you go to bedd, in the morning draw it furth and put a sawcer full of good vineger into the pie at a hole aboue in the top of it, so that the veniger maie run into every place of it, then *stop* the hole and turne the bottome vp=ward and so serue it vpp.

To bake the humbles of a deare

Take your humbles being perboyled and chopt verie small with a good quantitie of mutton Sewett and half A handfull of hearbes following, time margerome *parsley* borrage and a little rosemarie. Season the same being chopped with pepper cloues and mace and so bake him

Another baked meat of chickins

ffirst season your chickins with Suger Synamon and ginger, laie them in your pie and put in vppon them gooseberries, grapes or barberies, then put in some swete butter and close them vpp when they be almost baked put in a cawdell made of hard eggs and white wine and serue it furth hott

To bake Calues feete

Boyle them and chop them fine with a pound of fine white Sewett, then chop an onyon small and putt in them

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Then take *prunnes* dates and currance and put to them Season them with pepper nuttmeggs and a little mace then put in some eggs and stir it altogether and put it into a pie and lett it bake two howers, then put in a little vegeous and suger and so serue it hote

The order to boyle a brawne

Take your brawne and when ye haue cut him out laie him in fare water foure and twentie howers, and shifte it foure or fiue tymes and scrape and binde vp those you shall think good with hemp: And binde one handfull of grene willowes together and laie them in the bottome of the pan, and then put in your brawne and scum it verie cleane, lett it boyle but softlie and it must be so tender, that you maie putt a straw through it, when it is boyld enough lett it -- stand and coole in the pan, when you take it vp, lett it lie

in treys one hower or two: And then make sowceing drink
with ale and water and salte, and you must lett it lie a weeke
before you spend itt

To make all maner of tartes

You must boyle your fruict whether it be apple cherie peach
damsin peare, mulberie or codlin in fare water and when
the be boyld enough, put them into a bowle and bruise them with
A ladle when they be colde streine them, and put in redd wine
or clarett wine and so season it with suger sinamon & ginger

To make a custerd

Breake your eggs into a boule and put your creame into
another boule and streine your eggs into the creame, and put
in saffron cloues and mace a little synomon and ginger
and if you will a little suger and butter, season it with
salte and melt your butter, and stir it with the ladle a good
while, and dub your custerd with dates, and currance

To make a tarte of strawberries

Wash your strawberies and put them into your Tarte
and season them with Suger Synomon and ginger and put
in a little red wine into them

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To make almond butter after the best fashionn

Take a pound of Almonds or more and blanch them
in colde water or in warme water as you haue leasure
after the blanching lett them lie one hower in colde water
Then stamp them in fare cold water as fine as you
possible can put your almonds in a cloth and gather vp your
cloth in your hand, and pres presentlie out the Iuce as
much as you can If you thinke they be not small
enoughe, beat them againe, and soe gett out mylk as longe
as you can . Sett it over the fyer, and when it is redy
to seeth put in A good quantitie of Salte, and rosewater
that will turne it. After it is in, lett it haue one boyling and
take it frome the fyer, and cast it abroad vppon a lining
cloth and vnderneath the cloth scrape of the whay so long
as it will runne. Then put the butter into the middest
of the cloth binding the cloth together, and lett it hang

so long as itt will dropp. Then take peices of Suger
so much as you think will make it swete and put therto
asmuch rosewater as will melt the Suger, and so much
fine powder of Saffron as will colour it lett both *your*
Suger and saffron stepe together in the quantitie of
rose water, and with that season vp *your* butter when you make it

Another marmalet of Quinches

Take verie good quinches and pare them, cutt them into
quarters and core them cleane take hede it be not a stonye
quince when you haue pared and cored them, take two
pintes of faire runing water and putt it into a brasen
pan casting a waie eight sponefull of one of the pintes
Then weigh thre pound of fine sugar and beat it, and
put it into the water, make your fyer where you maie
haue a verie good light, not in a chimney then sett on
your pan vpon a trevett, when your suger and water
beginneth to boyle you must scum it cleane, then put
in six sponefull of rosewater and if their rise anye
more scumm take it of and so put in your thre pounce
of quinches and lett them boyle but softlie, and if you

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See the colour wax somewhat depe, now and then with a faire
slyce be breaking them, and when your licour is well consumed
awaie and the colour of your quinches to grow farer, then be
still stirring of itt, and when it is enough you shall see it
rise frome the bottome of your pan in stirring of itt. and
so boxe it and it wil be verie good marmalett and of an
oryent colour If you will you maie putt some musk into it
and some rosewater and rub your boxe withall. It will
giue a prettie sent and is a verie good waie

To preserue pear plumes

ffirst take two pound and a halfe of fine Suger beat it small
and put it into a prettie braz pott with twentie sponefulls of rose
water, when it boyleth scum it cleane then take it of the fire and
lett it stand till it be almost colde. Then take two pound of
peare & plumbs and wipe them vppon a fare cloth and putt
them into your cerop when it is almost colde. and so sett
them on the fyer againe and lett them boyle as softlie as you
can. when they are boyled enough the kirmells wilbe yellow
Then take them vp, but lett your cerop boyle till it be thick
then put your plums vppon the fyer againe and lett them --
boyle a walme or two so take them frome the fyer and lett
them stand in the vessell all night, and in the morning put
them into your pott or glas and cover them close

To make cast creame

Take milke as it commeth frome the cow a quarte or les
put theirto raw yoakes of eggs, temper the mylke and
the eggs together, then set the same vppon a chafing dish
and stir it that it curde not, and so put suger in it and
it wil be like creame of almonds when it is boyled thick
enough, cast a little Suger on it, and it wil be like creame
of Almonds when it is boyled thick enough cast a little suger
on it and sprinkle a little rose water their vpon and serue it

To bake a conye

Season him with pepper and Salte and put in Butter
and currance and when it is baked put in a little vergyce
and suger into the pie and serue it vpp.

22

Doctor steuens water //

Take A gallon of Gascoigne wine, then take ginger gal=
lingale, Camomill, synomon, Graynes cloues mace
Annissedes, ffenell sedes carawaie sedes of everie of them
a dram that is two pence halfpeny weight. Then
take Suger braied Red roses, time, pellitorie of the
wall, wilde margerome, peneryall, peny mountaine
wilde time, Lavender Avens of everie of them one
handfull, then beat the spice small and bruise the
hearbes and put all to the wine and lett it stand
twelue howers stirring of it dyvers times, Then
still it in a limbeck, and kepe the first pinte of water
by it selfe for it is best. Then will come a seconde
water which is not so good as the first. The vertue
1 of this water is this: Itt comforteth the spirritts
2 And preserveth greatlie the youth of man, And nbsp;
3 helpeth inwarde diseases coming of colde Against
4 the shaking palsey: It cureth the contraction of
5 Synues and helpethe the conception of women
6 It killeth wormes in the bellie, It helpeth the tootach.
7 It helpeth the cold gowte. It comforteth the Stomake
8 It cureth the cold dropsey It helpeth the stone in
9 the bladder and the reynes of the back, It cureth the
10 Canker and helpeth shortlie a stinking breath: And
who so vseth this water now and then, and not too often
it preserverth him a good liking and shall make him nbsp;

seame yonge very long

To bake porpose or Seale

Take your porpos or Seale and perboyle it seasoning it with pepper and salte, and so bake it, you must take of the Skinne when you bake it, and then serue it furth with Gallentine vppon Sawcers

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theta sigma phi

To preserue goosberies

Take to every pound of goosberies one pounce of suger, then take some of the goosberies and streine them and take the cerop and to everie pound of goosberies take halfe a pound of cerop. Sett the Suger and the serop over the fyer and put in the goosberies and boyle the foure severall times and scum them cleane

To make Synamon water

Take Rennish wine a quarte, or spanish wine a pinte rose water a pinte and a halfe, lett thes stand infused the space of foure and twentie howers, then distill it and being close stoped and luted then with a soft fire distill the same softlie in a limbeck of glas, and receiue the first water by it selfe Also if you be disposed to make the same weaker Take thre pintes of rose water and a pinte and an halfe of Rennish wine and distill the same and you shall haue to the quallitie of stuf the quantitie of water *which* is three pintes but the first is the best, and so reserue it to your vse

Another waie

Take thre quartes of muskadine a pound of Synamon and halfe a pinte of good rosewater water and so lett them lie infused the space of foure and twentie howers and distill it as aforesaid, and you shall receiue the quantitie also but the first pinte is the best and the cheifest of all others as is manifest by practise

To make aqua composta for a surfett

Take Rosemarie, fennell, Isopp, Tyme, Sage, horehound

of each of theis a handfull. Peneryall Red mynts,
margerum of each six crops, A roote of Enula campana
of licoras and Annissedes bruised of either two ounces
put all theis in thre gallons of mightie strong ale, and
put it into a bras pott over an easie fyer, sett the limbeck
vppon it and stop it close with dow or past that no aire
do goe out and kepe it stilling with a softe fyer and soe
preserue it to your vse as nede requireth

23

To make water of life

Take Balme leaues and stalkes, Burnet leaues and
flowers a handfull of rosemarie, Turmentill leaues and
rootes, rosa Solis a handfull red roses a handfull Car=
nations A handfull Isop a handfull, a handfull of time
Red strings that grow vppon time a handfull red
fennell leaues and roote a handfull, red myntes A
handfull, put all theis into a pott of earth well glased
and put theirto asmuch much wine as will cover the hearbs
Lett them soake theirin eight or nyne daies Then
take an ounce of Synamon as much of ginger as much
of nuttmeggs, cloues and Saffron a little quantitie
of Annysedes a pound great rasins a pounce, Suger
A pound halfe a pound of dates, the hinder parte of
an old conny a good fleshlie ruing capon the flesh and
Synues of a legg of mutton foure yong pegions a dozen
of larkes the yoakes of twelue eggs, a loafe of white
bread cutt in sippetts, muskaden of Bastard thre gallons
or as much in quantitie as sufficeth to distill all theis
att once in A limbeck, and theirto put methridatum
two or thre ounces, or els asmuch much perfect treacle
distill it with A moderate fier and kepe the first water
by it selfe, and the second water alone also. And when
their commeth no more water, with strings take awaie
the limbeck, and put into the pott more wine vppon.
the same stuf and still it againe and your shall haue
Another good water, and shall so remaine good In the
first Ingredience of this water you must kepe a doble
glas warylie for it is restoratiue of all principall
members, and defendeth against all pestilenciall
diseases as against the Palsie dropsie & Splene
yellow or black Iaundice, for wormes in the bellie
and for all agues be they hote or cold and all manner
Swellings and pestilenciall Sorrowes in man: as
verts fott:

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Melancholy and flegmatick It strenghtheneth and comforteth

all the strings of the braine, as the harte the, mylt the lyver and the stomack by taking theirow two or thre sponefull theirow by it selfe att one time, or with ale wine or beare and by putting A= prettie quantitie of Suger theirow. Also it helpeth digestion breaketh winde and stoppeth lask and bindeth not and it mightyly helpeth man or woman of the harte burning and for to quicken the memorie of man. and take of this water thre sponefull a daie in the morning, another after he goeth to dynner and the third last att night

To boyle a capon in white broth

Take a well fleshed capon, and a maribone and a quarte of fare water put them together in an earthen pott and lett them boyle till the capon be enough. But first you must take the marie frome the bone, and when it hath boyled take the vppermost of the broth and put it into an earthen pott and the marie with it. Put to it small raisins prunes hole mace dates and halfe a quarterne of Suger six sponefull of vergice thre or foure yoalkes of eggs put all thes together, and when your capon is well boyled, laie him on a fare platter power your broth vppon him and so serue him

To make redd deare

Take a legg of beife and cutt out all the Synues cleane, then take A rowling pin and all to beat it, then perboyle it and when ye haue so done lard it verie thick, then laie it in wine or vyneger for two or three howers or a whole night. Then take it out and Season it with peper salte cloues and mace, then put it into your past and so bake it.

To farce all things

Take a good handfull of time Isop persley and thre or foure yoake of eggs hard rosted and chop them with hearbes small Then take white bread grated, raw eggs with swete butter A few small rasins or Barberies. Season it with pepper cloues mace Sinamon and ginger woork it altogether as past and then maie you Stuf with it what you will

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To make gallentine for fish or flesh

Take Browne bread and burne it black in the toasting, then take them and laie them in a little wine and vineger and when they haue soked a while streane them: Seasoning them with

Synamon ginger pepper and salte, then sett it on A chafindish
with coles and lett it boyle till it be thick and serue it on saucers

To stew oyster

Take your osters, and put them either in a little skellett
over the fyer, or els in a platter over a chafingdish with
coles, lett them boyle with their licour swete butter vergice
vineger pepper hole mace, chop an onyon and a tarte
apple and boyle their with and the tops of a little time, lett
them boyle till they be enough and serue them vpon sopps

To make a cerop for all kind of baken meates

Take ginger cloues and mace nutmeggs beat all thes
together verie fine and boyle them in good red vineger
till it be somewhat thick. This being done draw your
pie when it is hard baked and a small hole being made
in the cover thereof with a Tunnill of past, you must
power the cerop into the pie, that done cover the
hole with past and shake the pie well, and sett it againe
in the oven till it be thorowlie baked, and when you haue
drawen it turne the bottome vpward vntill it be served

To make a caudell comfortable for an old man

Take a pinte of muscadine and as much of good stale
ale mingle them together/ Then take the yoalkes of xij
eggs new laide beate well the eggs first by themselues
then with the wine and ale and so boyle it together put
theirto a quarterne of Suger a few whole mace
and so stir it well till it seth a good while, when it is
well sod put theirin a few slices of bread if you will, and
so sett it soake a while and it wilbe good and wholesome

A Sallet for a fish daie

ffirst a Sallett of fine grene hearbes putting
Pirriwrinkles among them with oyle and vyneger

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To boyle a lambs head with purtnance

ffirst scum it well then take of the broth leavening so much -
as will cover it, Then put to it parsley and rosemarie a branch

of rosemarie and time, and a dish of Butter with barberis or gooseberies, Then lett them boyle being seasoned with cloues and mace salt pepper and saffron and serue it vppon sopps

To boyle chickins

Boyle them as the lambs head and purtnance is boyled and you are to serue them streane thre or foure yoakes of eggs with vergeous and put it into the pott but lett it boyle no more: Then season it with salte pepper mace and cloues and so serue it vpp: Thus maie you boyle a cony or mugets of veale as the chickins are boyled

To make a pie in a pott

Take the leanest of a legg of mutton mince it small with a pece of the kidney of mutton put it into an earthen pott putting therto a ladlefull full or two of mutton broth and A little wine, prunes and rasinsof of either a handfull or Barberies lett them boyle together putting to it halfe an orange if you haue any: Seasoning it with salte peper cloues mace and Saffron and so serue it

25

To make a tarte of creame

Take a pinte of creame with six raw eggs boyle them together and stir it well that it burne not: lett it boyle till it be thick: Then take it out of the pott and put to two dishes of butter melted: when it is somewhat cold streine it and season it with Suger and put it into *your* past, when your past is hardened and it enough serue it with Suger vppon it If you will haue it of two colours: then take the halfe of it when it is in creame and colour the other halfe with Saffron or yokes of eggs.

A Tarte of eggs

Take twelue eggs and butter them together. Streine them with rosewater: Season it with Suger and put it into your past and so bake it and serue it with suger vpon it

A white leache

Take A quarte of new mylke, thre ounces weight of
Isinglas halfe a pound of beaten Suger and stir them
together Lett it boyle halfe a quarter of an hower till it be
thick stirring them all the while: Then streine it
with thre sponefull of rosewater put it into a platter
and lett it coole. cut it in squares laie it in fare dishes
and laie golde vpon it

To boyle a Tench

Seth your tench with a little water and a good deale of
vineger when it is sodden laie it in a fare dish take out
all the bones and putt a little saffron in your broth with
A little salte. put the same broth vpon your tench and
cast a little pepper vpon it whilest it is hote and so lett
your tench stand till it be on a gillie, and when you doe
serue it Take an onyon and persley chopt fine and cast
vpon your tench and soe serue it.

ffor fresh Sawmon

Boyle him in fare water rosemarie and time and in
seething put a quarte of strong ale to it lett it boyle
till it be enough then take it frome the fyer and lett it
coole, then take it out and laie it in a wooden bowle and
put in so much broth as will cover it put into the same
brother a good deale of vineger so that it be tarte.

folio 25 verso || folio 26 recto

ffor white pease pottage

Take a quarte of white pease seth them in fare water
close vntill they doe cast their huskes, the which cast awaie
as long as any will rise to the topp, then put into the pease
two dishes of butter and a little vergeous with pepper and
salte and a little fine powder of mace, lett it stand till
you will occupie it and then serue it vpon sopps

To comfitt oreng pills *which* maie be done
att all times in the yeare, and cheflie
in maie be cause the pills be then the
greatest and thickest

Take thick oreng pills quarter them and stepe them in
in fare water ten or twelue daies: you maie know if they
they be stepeped enough if you hold them vp in the Sunne

and see thorow them, then laie them to drie vppon a table and put them to drie betwene two lining clothes: Then put them in a vessell well leaded and add to it as much honey as will halfe cover the said pills more or lesse as you thinke good Boyle them a little and stir them alwaies then take them frome the fyer lest the honey doe seth too much. for if it boyle a little too much it wil be thick, lett them stand foure daies in the said honey stirring them together everie daie because their is not honey enough to cover the pills: you must stir them well and often. Thus doe thre times geueing them one bobling each time lett them stand thre daies and then streine them frome the honey and after you haue lett them boyle A small space take them frome the fyer and be stow them in vessells, putting to them ginger cloues and Synamon mixed all together & the rest of the cerop will dresse others

To purifie hony and suger for all fruites

To ten pound of honey take the white of twelue new laide eggs and take awaie the froth of them beat them well together with a stick and six glasses of fare fresh water then put them into the honey and boyle them in a pott with a moderate fyer the space of a quarter of an hower or lesse then take them frome the fier scuming them well.

[3 flowers]

26

Medicina

lady R

A medycyne to make the face fare and well coloured

Take leaching or lyre of beefe of the youngest and leanest and still it well and keepe the water by it selfe. Lykewise take new mornings mylk still it and saue that water by it selfe and when you will occupie it myxe them in equall porcyons and lett them drie on your face them selves. and then rub your face with clean cloth proued

What tho these silly helps doe Nature sway And seeme to turne her Course another way At length she will returne with double force ffor Nature still must haue her ancient Course

ffor the black morphew

Take A new laid egg and stepe it in strong vyneger vntill
the shell be very soft which wil be in thre or fewer daies
then take it out braie it with a spone and wash the morphew.

To take morphew out of the face

Take red rose flowers thre good handfull, maiden haire of the
wall two handfull, fennell, two handfull, fenell, verbyne, Edyue, peneryall
of every one a handfull, camphere halfe an ounce stepe all thes
in a quarte of white wine, but first lett your wine stand
one night in the pott then draw it out and put in the herbs
letting it stand two it stand two daies, distill it in a distill it in a Stillitorie of
glas or in a powder still Sun it thirtie daies

Against pyples or or scurf in the face

Receyue a pound of allome glas the Iuce of pursteine of plan=
taine, and verges of grapes or crabbs of everyone a pinte
and a halfe, take also the whites of of twentie eggs and beate
them together with the same Iuce then myxe all together
distill it in a comon stillitorie, and kepe the water to vse
against all all pimples, skurfe, wheales chafings and heates
which chance in the skinne. dip lynyng cloth in the water
and laie to the rednes, or wash with it and lett it drie in

A medycyne for a stinking breath

Scotts

Douglas

Take the flowers of rose marie boyled in white wine
and accustome to to drink of it and wash the face with it
and it will as well make the broth swete as fare face

Another for a stinking breath

Receiue rosemarie leaues *with* the blossoms seth them in white
wyne *with* a little myrre Synamon beniamyn and taking
the said wine in your mouth oft you shall find a marvalous
effect

folio 26 verso || folio 27 recto

Against A plurisy

Barrow

Ned

Open A white loafe new baked in the middle and spreade the crummy side well with good treacle, and heat them at the fyre, then laie it on the deseased place aither side directlie against thother, and so binde them that they stirr not, letting them alone till the Appostume break after warde take them awaie and lett the pacyent well spitt out the appostume, and after he hath slept a little giue him meate. *Probatum est*

for the Collick

Take halfe a glas or les of Iuce of Barberries, when they bee verie red and ripe and put asmuch red currall to it well beaten as will lie vpon two groates and lett the *pacient* drink

for the stone

Take fine powder of virga aurea and put a sponefull of it into A new laide egg soft rosted and giue the *pacient* theirow in the morning, and lett him not take of the space of foure howers after vse it contynualle for the space often or twelue daies and it will make avoyd the stone without greife *probatum est*

for A straine in a womans back

in the

Lady

Brignatr

Take ~~take~~ Orpin knopgras plaine of everie one a handfull, and put them a into a quarte of malmsey or muscadell and seth it till it be halfe consumed, then put to it the pyth of an oxe or shepes back, with foure granes of white and redd currall cynammon, nutmegs of each an ounce and a little ginger and when they bee sodden perfectlie straine it and giue the *pacient* morne, noone, and att night.

To cause one make vrin presentlie

Take graie soape which is good two ounces baie salte beaten one ounce, incorporate thes together, and rub the bottome of *your* bellye and navill their *with* proued:

A present remedie against the plague

Take a hard onyon and rost it in a paper till it be softe and put to it a quantitie of dragon water and streane ite put to it A

quantitie of aqua composta halfe a sponefull of wine rose
vyneger of the best you can gett and put to it a quantitie
of methredate or the best treacle and drink of it as sone as
you finde your selfe greived proued

27

To doe awaie heire any where

Take horseleaches burne them to pouder and mingle it ^{with} Aysell
and touch the place where the heire groweth and it will grow
no more. proued.

To take wartes awaie.

When you kill a pigg wash the wartes with the hote bloode
letting it drie vppon them. presentlie wash them with water
and ashes made of willow and make their of a plaster

To drie vp mylk in a womans brest

Anonynt with the Iuce of plantaine the teates of the
brest and it will drie them vpp presentlie

~~ffor a water going betwene the
flesh and the skinne.~~
for an ague
hote or colde

Take a quantitie of vyolettes asmuch marigolds bellame
rew and hartes tonge mingle all theis together and seth
them in good stale ale and when they be sodden streane them
through a fine lining cloth and lett the sick drink it

for a water going betwene the flesh & the skinne

Take walwoortes and make a bath their of and bath the well
and rub with the woorte and drink the Iuce of walwoorte and
ytt shall make the cleane of thatt evill.

for one that is poysedned

Take wallnut tree bark, and pare awaie the vppermost
rinde. Beat it to pouder and laie it in ale or water all night

in the morning streine it, and giue it the sick to drinck
fasting and he will cast vpp the venome

for one that speakes in his slepe.

Take the luce of a lillie and drinck it in wine and he shall
not ~~drink~~ speak in his slepe

To make the teeth fare and
stick fast in the head.

Take hartes horne burne it vntill it be white and
then make a pouder theirot, and they will contynue
sounde and never rott. proued
I W

folio 27 verso || folio 28 recto

ffor any manns swelling

Wheler
Take wormwood, and mallowes two handfull and seth them in
water, and then take them vpp and frie them in a penywoorth
vyneger and laie to the sore place. it sanaberis

A medecyne for them that cannot doe their
easment and are payned with collick & stoane

Take a pottell of rehnish wyne, a handfull of pillitorie on the
wall, seth them together vnto a quarte and streine it thorow
a fare cloth and giue it the pacient to drink. *probatum est*

for the cough

Take a pottell of fare *running* water a rote or two of elicampa
na, pick them cleane and take out the pith, a little Isop two
handfull of barlie and two or thre sticks of good licoras, put
all theis into the pott of *running* water, and lett them boyle
frome a pottell to a quarte, this must be drunk evening and
morning and you must bruisse *your* licoras in a mortar

A receipt to make perfect memorie
and comfote the braine

Take Cynamon cloues and *lignum aloes*, galingale spicknard

Indice nutmegs roses and vyoletts long pepper white pepper
myrtles maces cortex of ech a like tw ounces of pearles ben=
iamin, alby, ruby corral must and camphere suger.

A medsen for the ake

Take a quarte of runing wate and a quarte of vineger, three
handfull of red sage boyle them till the come to one quarte and
then bath the place their *with* against the fyer and it will
help you presentlie proue

Another

Take thre pintes of red wine and a quarter of a pound of staggs
horne ether grated or fyled, lett it stepe theirin foure and
twenty howers and then boyle it till it be wasted to a pinte
when it is colde it will grow to a gillie and their with an=
noynte the greiued place and it will cure you *probatum est*

A medycyne for degestion stomach

Take an ounce of ginger halfe an ounce of gallingall a quarter
of an ounce of stillwell, halfe a quarte of an ounce of

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Calamus beat them altogether and searce them fine grate
the quantitie of all theis of housholde bread and myxe them
together and put so much malmsey their to as shall soake
it thorowlie, lett it lie all the night, and if it lie two or thre
daies it wil be the better, Take it in the morning a spon=
full a time and fast two or thre howers after.

for a consumption for all diseases

The Lady

Audley

ffyrst take A fatt sow pig, put it in a fare stillitorie and
put theirin a handfull of spere mynts a handfull of redd
fenell a handfull of red nepp halfe a handfull of liver
worte, halfe a handfull of clarie wyne dates well and
cleane made and the stones picked out a handfull of
raysons of the Sunne the stones pick out and washed
in thre or foure waters halfe a quarter of an ounce of
mace two sticks of good Cynamon bruysed in a mortar
and still it together with an easie fyer, put it in a fare

glas and sett it in the Sunne nyne daies and so drink
it at your pleasure. Proued.

A pouder for those that be shorte breathed
and for the lungs very good alsoe

The Lady
Bedfurth

Take fox lungs and wash them in fare water, lie them in
vineger a night and drie them in an oven when the bread is
drawen out and beat them into pouder. Take licoras anised
fenell sede and colliander sede all of like quantitie beate them
all in pouder and searce them thorow a fyne searce and mingle
them withe the pouder of fox lungs as you can abide the
taste of it. It must be at the least halfe as much pouder
of the fox lungs as of all thother beside, take it in the mor
ning in your meat in your drink, or in your pottage, and
att all tymes of the daie the oftner the better and putt
Suger candie theirto and it will take awaie the tast of
the lunges Proued:

for one that cannot make water

MR
Wheler

Take two or thre radish rootes and scrape them clene cut them
in peces and take the like quantitie of white wine and boyle
them both together and drink the wine indifferentlie warme

folio 28 verso || folio 29 recto

A medsen for a sore legg

Wheler

Take Dock rootes and boyle them in fare runing water vntill they
be tender and then take them out, and bruise them and streine them
and put a little raw creame to it and so boyle them together vntill
they waxe thick like an oyntment and anoynt the sore *probatum est*

A medysen to bring out the measell and pocks.

Take a handfull of figgs and wipe them cleane with a cloth
then take a pinte of stale ale and seth your figgs theirin till
it be halfe wasted and scum it cleane, then take a draift of
the same licour and put theirto a little pouder of English
Saffron. and drink it warme. *probatum*

The order how to still a pig: restoratiue
for a sick bodye

Lady M.
wynches=
ter

Take a fare earthen pott of a pottell then take your pig scald it
and wash it cleane and drie it with a cleane cloth your pig maie
not be too fatt but well fleshed. Take a quarter of a pound of
dates a quater of a pound of prunes a quarter of a pound of
currance halfe an ounce of synamon, halfe an ounce of whole
mace a quarter of a pound of suger candie a handfull of suc=
corie a handfull of maiden heire halfe a handfull of blood=
worthe a handfull of lyverworthe a handfull of hartstong A
handfull of vyolett leaues a handfull of strawberie leaues two
or three fenell rootes the pyth taken awaie, Swete marge=
rome, landbeefe each of them a handfull. then take a quarte
of muskadine or bastarde, or in stead of them a quarte of *running*
water and put in all the said stuf, and stop your pott with a couer
of paste as close as is possible: Then take a kettle of fare water
sett it on A treuett and kepe the same water boyling foure & twenty
howers an kepe hote water contynuallie to fill vp the kettle as
as your water doth seth awaie,. att thend of foure & twenty
howers open your pott and lett the licour that is in your pott runn
thorow a fare cloth and take a sponne full at once and put in
your cawdells and brothes.

A medycyne for all manner ill in the stomack

Take the sedes of red docks and at of them morne and even
and it will helpthe

A medicine for all gooutes.

Take an owle and pull him and open him as you would eat him
Salt him and put him in an earthen pott and cover it close

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The Lady
Saxfeild

Then sett it in an oven when bread is drawen, and if it be not dry
enough att once setting in, Sett it in oftner in the oven after bread
be drawen, Then make pouder of it and temper it with bores grece
and make oyntment of it, and againe the fyer anyont the
pacient where the paine is *probatum*

for Stuffing and Impostumes in the head.

Take margerome one handfull and two sponefull of honey and seth it in a quarte of water to a pinte, streine it and kepe it to *your* vse. Take of this everie morning warme two sponefull and draw it to *your* nose holding warme water in your mouth the meane time spitt out fleame and water. bene *probatum*.

A soueraigne medycyne and remydy for those that haue their lymmes taken with the gowte or other deseases that can neither stand nor goe thorowlie proved

Margeret
Honierstone

Take bares greace and theirwith against the fyer chafe well the lame places and then laie warme clothes to the anynted places and alwaies those clothes vnwashen to laie to the greived place after the anynting and this greace is to be had att paris gardin. proued.

A medycyne for the lawnder and morphew.

The Lady
Wylliam

Take dock rootes the yellowest you can gett and lett them be fare washed and scraped and the pith taken out, Then slice them in thinne slices, and put it into white wine or Rhennish wine into a cupp close covered, put to it halfe a dosen crops of spere mynte and lett it stand so a daie and a night before you doe drink itt and it must be drunk in the morning two howes before you eat and meate *probatum est.*

A medycyne for the stone

Ould mother
Ialley

Take ground Ivy leaues of that which groweth naturallie vppon the ground and take two tyles and make them hoate and drye the said leaues betwene them to pouder and so to drink it is verie good *probatum est.*

A medycyne for a skalding

Idem

Take a pare of tongs and make them verie hote in the fyer
and take of the restiest bacon you can gett and take a dish

folio 29 verso || folio 30 recto

Of fare runing water and put the restie bacon betwene the
hote tongs and drop into the water and then take a fether and
anoynt the scaldings with the droppings of the baccon and
when you haue anoyned it take the leaues of the white lillie
and laie them vppon the scalding where you haue anoyned
you and their is no better medisine *probatum est*

A medsen for the frenzie or paine in
the head be it never soe sore

Walker's
wyfe

Take bettony rosemarie camomyle and bruise it a little and laie
it betwene two new hote tiles, and sprinkle it with a little a
vineger and laie it hote to the napp of the neck at night and
new plaster in the morning doe this till thy paine be gone.

A medycyne for the morphew.

The Lord
Darcy

Take femytorie and make a posset of it and drink of the same
in the morning before you rise and sweate in *your* bed two
howers after you haue taken it, then take the pouder of scaue
and seth it with annesedes and suger and drink of it in the
same morning, then take A new laide egg and laie it in
vineger foure and twentie howers prick the egg with a pin
and take that which cometh out of the egg and anoynt the mor=
phew withall and it will goe awaie.

A speciall medycyne for the stich proued by many

Lorde
Darcy

Take the great poppie flowers that groweth in corne that
stinke and still them as they doe roses, and of the water there
of take a draught blood warme with old ale or wine and
it will avoyde the paine of the stich in shorte time and if you
nede drink it twice or thrice and vndoubtedlie it will help you

A medycyne for him that is deseased
and cannot make water

Mr
Wingfeld

ffirst take the gardin snale in them that is no Iuce so that he
findeth them in the shell, he must laie them by the fyer side soe
that they maie crepe out, which heate will cause them to do
you must be well assured that you haue them cleane out, then
take the shells and wash them very cleane, and drie them in
an oven or betwene two tyles as tyme shall require them
beate them fyne and drink the pouder theirow with white
wine and this shall cause him avoyde aboundance of
water. *probatum est*

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A medsen for them that be thicke of hearing

The lady
Arundell

Take a black snale and put it in a cloth and cast salt vppon it, and
when he hath rubbed himselfe well in the salte, prick him with an
nedle and lett the water run into a glass and then lett thre or foure
dropps of the Iuce run into the eare and take of the comon meare
Romane and stamp it and drink a little of the Iuce of it, and put
a little into your nostrills of that you put in your eares. Itt must
be colde, and as sone as the snales be gathered they must be occupied
or els they will drie

for them that be frensie and
for the palsey very good

The lady
Guevytt

Take the flowers of cowslopps and still them and giue the water
theirow to the frantick to drink evening and morning and put of
that water into their drinks. And for the palsey laie the cowslop
flowers in malmsey thre daies, then still it and drink it and
you shalbe helpd theirbie by gods help.

for strong vrine

Rosamarie
Elwood

Take date stones and ginger of ether of them like quantitie *parsley*

seedes Ash keyes and brome sedes, bray them to pouder and put
their of into your pottage

A soueraigne medsen for the fever

Mistris

Draper

Take flowers of rosemarie or the branches and seth them in redd
wine a good while and drink their of when the Axeis or
fever comes vpon you *probatum est*

A medsen for the collick

Doctor

Burcock

Take a handfull of pellatorie of the wall and boyle them in a quart
of white wine till the wine be halfe boyled, put in one handfull
of gromell sedes and lett them boyle together, and when you
haue so done streine them and drink it warme to bed ward or in
the morning, and when you haue drunk it eat. nothing of two
howers after

for burning and scalding be it never so sore

a duch

woman

Take Ivy leaues seth them in a quantitie of beare a quarter of an
hower till they be tender, and when they be cold laie them to the
place that is scalded or burnt, change them morne and evening
It will both heale and skinne the scalding and burning so fair that
it cannot be deserued. throughlie proued

folio 30 verso || folio 31 recto

for the collick and stone

Take one nutmegg, a race of ginger and grate them twelue
cornes of hole pepper a peneworth of aqua vite and as much
water as the aqua vitæ comes vnto, put their to a sponefull
of fine wheate flower and so put them together and stir them
drink this medsen fasting and eate nothing of two howers after

for a pearle in the eye

Mr

Burton

Take A handfull of ground Ivie leaues wipe them cleane but wash them not stamp them. and rost an egg harde and take the white of it and bruise it together with the Iuce of the Ivy leaues, and take a fare lining cloth and streine it through then take the oyle theirot and drop into the Eye of the pacient

A medycyne for the coughe.

Maister

Seroien

Take A quarte of drink and clarifie it and put to it a quarter of a pound of licoras, two ounces of Anissedes a quarter of a pound of figgs and a handfull of horehounde, boyle them altogether vntill they be hafe wasted, then streine it and drink it morne and evening warme, make it somewhat swete with suger

A restoratiue for a consumption or
for one that is brought low *with* sicknes.

Doctor

Grimston

Take the red cock for he is the best, and lett him blede well att the wings and att the leggs and then att the throate lett him be two yeares olde, pull him drie, and splatt him in the middest bruise all the bones and sett him on the fyer in A gallon of water in an earthen pipkin, and when it boyles scumm it well, put into it a handfull of fenell rootes the pyth taken out. a handfull of curranse as many dates the stones taken out. Take cloues, large mace, nutmegs cynamon ginger grames of each a crownes weight in golde, and halfe an ounce of seede pearle well beaten, and boyle some gold theirin put in all theis things att once after it be scumed letting boyle together being close covered vnto it be wasted to some what more than a pinte then streine them through a fare cloth. If you sett it on againe in a fare ~~cloth~~ thing and put in the white of an egg beaten and as it riseth gather it of that will take of the fatt, then streine it againe and put it in a pott then eat of the gillie a sponefull or two warme alone in a broth this is proved to be a most comfortable & excellent thing

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forma faciende Aqua mirabilis
et præciosa

Mr

Burton

Take gallingale cloues ginger, millilot mace nutmeggs of every one a handfull Dram beaten in a powder and of the Iuce of Sallidine halfe a pinte, a pinte of aqua vitæ thre pints of white wine mingled together, this water is to be maide all Sommer, except the moneth of Iune and the first halfe of Iulie, it must be distilled in a glas still this is an excellent water against any evell in the stomake.

The making of *Doctor s* teuens water

Take a gallon of good gascoigne wine, then take ginger galingale, cynamon, nutmeggs graines cloues anissedes fenell sedes carraway sedes of everie of them alike much viz a dram, Then take sages, mynts red rose time pillitory rosemarie wild time camomyle lavender, of everie of them A handfull, then breake the spices small and braie the hearbs and put all into the wine and lett it stand soe twelue howers seing it dyvers times, then still it in a limbeck and kepe the first water by it selfe for it is the best, the second is also very good, but not so good as the first

To make fare hands

Take the oyle of swete Almonds blanched, browne bread hard baken, and well rellised great rasins the stones taken out, henns greace or capons greace of each an ounce and make anoyntment theirof, where *with*all you must rub your hands and wash it awaie with warme water.

To make a good and lyuelie colour.

Take take the Iuce of orenge oyle olife rose water, of each of them an ounce and lett it boyle, and when it is well cooled doe as is aforesaid by the other

A medycen for one that hath an Itch

Take the roote of pellitorie and seth it in fare water till the water be some whatt yellow and clammy then take the same water and wash where the Itch is and it shall help.

To stanch bloode

Take a quarter of rize and boyle it in fare runing water

and then eat it and it shall stanch blood att your nose
or mouthe

folio 31 verso || folio 32 recto

A medsen for one that hath no tast in meat or drink

Take a pottell of cleane water A good handfull of dandelion
and put it in an earth pott and seth it till it come to a quarte
then take out the hearbes and put in a quantitie of white suger
till you think it be somewhat pleasante, then put it into a vessell
wherein it maie coole, and then take twentie or thirtie almonds
blanched, beate them in a mortar and when the water is colde
put it to the almonds, and then put them into a cleane Ipocras
bagg, and lett them run thorow with any compulsion, and if it
be thick then put the same licour into the bag againe and lett it
runn thorow againe, soe kepe it in a vessell and lett it be drunk
att al times when it shall please the pacient.

A wonderfull good medycy^{ne} for the stich

Take A handfull of rose leaues a handfull of camomye and a sawcer
full of oyle of camomye a quantitie of the flower of barley boyle
all theis together in mylk and then take a lining bagg and putt
it theirin and laie the plaster wher the stich is as hote as you maie
suffer it vse it fyue times and it shalbe whole

And ekxcellent medycyne for swelling in the coddess

Take two or thre handfull of beane flower a good quantytye
of cuming sede bruised two or thre handfulls of mallows chopped
and cutt verie small, seth the foresaid things in runing water and
laie it to the place that is deseased and vse it a while and you shalbe whole

A medysen for a scald head

Maister

Bacon

Chop of all the heire as much as you can, then take primerose leaues
beate them verie small in a mortar, laie them on the head and cover
the head with a bladder, and so lett them lie *without couering* till it be whole

ffor burning and scalding

Receiue oyle olive and the whole of an egg beate them well together
and anynt the place and you shal be hole.

To make fare coloured heire

Receiue the water of distilled honey and sponge them with your heire and vse itt proued.

ffor a corne on ganglnale in the toe

Take marigolds stamped and laie to evening and morning or els pare your corne, and laie turpentine and red wax boyled together

32

ffor Swelling in the leggs.

1 Take of the best hoate worte, and put their to groundes of malte stand vp in it to the knes and cast a cloth about the vessell

Another

2 Make an Implaster of oyle of roses and whites of eggs mingled together, it is excellent to asswage Swelling

Another for all swellings.

3 Take Smalledge with the crumes of hote bread, and laie it to the swelling. //

ffor the grene sicknes

Mistris

MBrisket

Take A handfull of sage, a han:*d*full of balme, a few mynts and a few cloues bruised, seth all theis things in a pottle of beare or ale to a quarte, and then streine it and drink their of in the morn=
ing a little draught luke warme.

Another

Mr

Palmer

Vse once or twice a weke to boyle a little red fenell and a little rosemarie in claret wine, and drink their of two mornings in A weeke.

An excellent savour to avoyd the plague

MHacher

Take a halfpeny woorth of Synamon and cloues beaten with A little saffron and stepe them in a quantitie of rose water or rose vineger, and their into put a pece of a sponge and when it hath dried vp the licour, wrapp the sponge in a lining cloth and vse to smell to it proued good:

And if you suspect your selfe, take Treacle, methredate vineger and dragon water mingle them and drink them I W

A medycyne for the stone in the reynes

Take the hearb called camphire maide in powder and drink it in white wine

Against a stich

Doctor

Audley

Take a wooden dish fill it full of hoat Imbers pres them into the dish and strew vppon it some coming sedes then take a lining cloth and clapp it about the dish sprinkle a little malmsey vpon the cloth and laie the Imber to the greife as hote as you can suffer it.

folio 32 verso || folio 33 recto

ffor the palsey in the head.

Take thre handfull of pellitorie on the wall beaten and put into halfe a pinte of white wine, lett it stand about a moneth then streine it, and seth it with a little virgins wax vntill it be turned into a Salue

ffor the tooth ach

Take pellitorie of Spaine and bruise it and hold it in *your* tooth halfe an hower.

To comferte the stomake

Take a pinte of malmsey and put into it the yoalk of an egg suger a little quantitie of a nutmeg, and as much synamon seth this on the fyer and drink as hoate as you maie suffer it

ffor the coughe

1 Take mylke sodden, and putt their to swete butter and suger and drink it and anoynt you *with* capons greace. Take garlick and stamp it with fresh butter warme it against the fyer and anoynt the soles of your feete their *with* . and binde the garlick hard to your feete warme and this will help the coughe *probatum est*

Another

2 Take two yoalkes of eggs new laide, and put to it suger candie small beaten with a little red rose water heat the eggs vpon the coales, but lett them not be harde and sup them at morne and night

ffor the stone

Take the Iuce of lemmonds in white wine, drink the same

Against the humor of the gout in the foote

Take two leaues of coale woorte that be red and binde them to the place greyved moring and evening

Another

Take bran not fynelie boulked and put a quantitie their of in your socks.

To ease swelling in the leggs

Take A quantitie of maie butter mingle it with sparmaceti, and heat it hote to the fyer and anoynte the place greived, and then spread some their of vpon a lining cloth and laie it to the place where the greife is as hote as you maie suffer itt proued.

33

ffor the Stone

Take so much radish and stamp it as will make two sponefull of Iuce, and put into it a good quantitie of suger and take the

same in the morning. And anynt the reines of your back with
vnguentum rosarum when you goe to bedd

Against the coldnes of an ague

Old Earle
Arundell

Take a new laid egg, and break the shell in the one end and put
out the white, then put into yoake a good quantitie of aqua
vitæ and sett the same in hote Imbers often stirring it and A
little before your colde come, sup of this medisen. *Earl Arundell*

To draw any colde humor out of
the head or eyes

Take two gallons of the grounds of ale and put in it two hand
full of camomyle and two handfull of bay salte, seth it and as
hote as you can suffer it put in your feete, and hold them
in vntill it begin to coole and soe goe to bedd

ffor sore Eyes

Take possett ale the curde being clene scumed of and seth a little
handfull wood bettony in it, let the posset ale be sodden if it be a pinte to
the halfe, and drink it when you goe to bedd and in the morn
ing fasting. If your eyes be red or run, laie this hearbe
when you haue taken it out to the napp of your neck some
wat warme betwixt a cloth not wett.
MDrury .

To provoke a stomack

Mistris MDrury

Take thre or foure crops of wormewood, red mints halfe a
handfull a red dock roote the core taken out, laie theis in
stepe in ale wine or beare alnight and drink their of in the
morning vse this drink frome March til october.

ffor the Eyesight

Take halfe a handfull of the Tops of grene fenell chaw halfe
their of and spitt it out, then take of your spittle with your ring
finger and draw the same over your eyes fasting in the morning
when it is dryed vpp, take a cleane handkerchife not vsed since
washing, breath into the same and furthwith laie the same to your

eyes yet hote, chaw more and vse it thre or foure times in morne together, it is also good to eat fenell sede fasting

folio 33 verso || folio 34 recto

A medycyne for the bloodie flux

MrPren

nyll

Take a quarte of mylke that shall come fresh frome the cow sett it on the fyer vntill it boyle, then put into it a pece of roch nyll allome the quantitie of a walnut, skum of the curde of the mylke as sone as it beginneth to curde, take out the allome and drink of the mylk warme, and so oft as you do drink, warme it. This medycyne did cure mr Prennell of the bloody flux when all the Phisitions could doe him no good

ffor the lask

Master

ffuller

Take the pill of A pomegranate grated and put the same in broth Or take the flowers of pomegranetts and eat them.

ffor the coughe

Doctor

Smyth

Take halfe a pinte of Isopp wate and put ther to two or thre sticks of licoras bruised a rason of ginger sliced and some sugar candie lett these stand awhile together and when yow coughe vse a sponne full at one Doctor Smyth for mr Stoneley
Anoynt *your* brest with oyle of dill.

for coldnes of the leggs

Take a pinte of Sallett oyle an ounce and a halfe of coming sede thre quarters of an ounce of nettle sede, boyle them altogether *with* a soft fyer vntill a quarter be wasted, then streine it and put it into a glas and anoynt the soales of *your* feete.

for cold humors

Take oyle of dill and oyle of camomyle and anoynt the place greved

A medysine against the stone
and stranguyllon

Take the ronnes of red heringes and drie them, and prick hollie
leaues dryed in an oven and beate them severall into to pouder
and put halfe a sponefull of each of them into your pottage Itt
is also good to drink in white wine.

To kep a wound frome festring

Take myntes stamped with a little salte and laie to the wounde.

Against drunkennes

Burr leaues laide to a drunken nolle maketh it Sober proved

34

To kill an earewig otherwise called
a forckt robbin, or a beatletwigg in
the north it is called a twingballock
in the eare

Take A little of your owne water or vrin and putt their to A
lyttle pepper, myxe them well together, then lie in your bedd with
that eare vpwarde which is paynes and put into your eare the
pepper and vrin so myxed, and it will help yow. It hath bene
tryed dyvers times, and what quick thing so ever be in your
head that will kill it and not hurte you neither shall you haue any
great paine their of. proued.

ffor swelling in the legges

Take of the best hote worte, and putt their to grounds of malt
and stand vp in it to the knees and cast a cloth about the vessell

Another

Make an Implaster of oyle of roses and whites of eggs ming
led together, it is excellent to asswage swelling

A medycyne for the byting of a madd dogg

1. Take your owne vrin and wash their with the sore so sone as it is bitten
- 2 Receiue the water of an onyon and power vppon the sore and make a plaster of an onyon with rue & Salt and laie to it
- 3 Take the dong of A beast and burne it and put to the ashes their of vyneger and laie to the sore
- 4 Take the blood of the madd dog and laie to the sore or take the lyver of the dog that bitt yow and aple to the sore
- 5 If you be bitten with a madd dog look too it betimes and take hede it fester nor corrupt within for it draweth evell humors and venome to your harte, theirfore take onyons and garlick and laie theirto and it will driue awaie the venome & heale it
- 6 Take the lyver of the mad g dogg and rost it or broyle it and eat it and it will help you proued.
- 7 Take the Iuce of rue and drink it with white wine
And to know whether you be bitten with a madd dogg or noe
Take a pistake nutt you maie haue it att the Apothecaries
make a plaster thereof and laie it to the wounde

folio 34 verso || folio 35 recto

A daie and a night, while this lieth too, take a cock or A hen and shut vp close where it can gett no meat when the plaster hath laied on a daie and a night, take it of and giue it the cock or hen (being hungrie) to eate if the cock or hen drink after it, It is not bitten with A madd dogg. If they die though not presentlie then take hede to your selfe and vse the medycynes aforesaid proued sufficiently I W

ffor the harebred

Take haver brewarde red fennell pearle gras nyne leaues of sage of vertue one campanett leafe wash them cleane chop them and putt them into a wood dish, and put a little salt and womans mylk to them, braie them altogether, streine them as you nede and drop into the patients ey with a fether as often as you think good

To make mouth salue::

Take red fennell red sage woodbind leaues sinkfoile chop them and streine them into honey when you haue claryfyed and scumed it well boyle them altogether with some allome and so kepe it in an earthen pott.

ffor the colde:

Take horthhounde and chop and streine it into honey and boyle it well and so kepe it and take it first at morne and last at last at night as you nede it.

Water for a sore mouthe

Take white roses egrymoyne red honysuckels eybryght sellidowne red fennell, distill them and take that water and drop into your eyes when you go to bedd

A secrett..

Note Take Avandes bonewoorte and mulletts drie them into pouder and drink it in possett drink

ffor the yellow launeyes

Take a quarte of ale and the grene of goose turdes barbery barke hobthrust lice halfe a handfull of sellidowne as much Iarman=der, and stepe them one night in the ale, then streine it and grinde turmarick into it and so drink it fasting. but you must beat the lice with the goose turdes before you putt them into the ale. proued

35

ffor one that hath naturallie a redd face

Take foure ounces of the kinnells of peaches, two ounces of goorde seedes, and make theirwith an oyle wherewith you maie anoynt your face morning and evening and it will destroy the rednes A thing found true by experyence

To make a face fare

Take the fresh blossoms of beanes distill them thorow A limbeck and wash the face with the water that cometh of them

To make white skin & take awaie Sunburning

Take A pott full of raine water and fill it vp together with springwell water seth it till the halfe be wasted and in the meane time while it boyleth fill it with the Iuce of lemmons when it hath sodden take it of the fyer and putto yt the

whites of foure new laid eggs finelie beaten but the licoiur must be colde before you put in the whites of the eggs and then it is made

The sundrie vertuues of melifoyle

1 Myllyfoile is hote and drie in two degrees It is good to stop the bloodie flix, the Iuce theirol healeth the byteing of A
2 red Hound if it be sodd in red wine. drink it and it sleath wormes in the wombe. It will destroy vermin and softneth
3 hardnes in the womb. It helpeth the Ianders or dropsey
4 Also the hearb stamped and tempered with vineger doeth
5 awaie the blood in wounds. It will cease the tooth ach when it
6 is chewed fasting. It is good for the stinging of an Adder if
7 it be sodden in wine. drink it and laie to the substance
8 of it, and it will draw out the venome of a sore

ffor burning or scalding

Wash the sore Imedyatelie with snow water and it will take out the fyer, presentlie ease the paine heale the Sore and kepe it frome arring, you maie gather your Snow att any time in winter and putt it in A pott or glas and kepe the water for your vse proued

folio 35 verso || folio 36 recto

ffor him that hath naturallie a red face

Take fower ounces of kynrells of peaches, two ounces of Gourde seedes and make theirol an oyle wherewith you maie anynt your face morning and evening and it will destroye the rednes A thing found true by experience

To make a fare face

Take the fresh blossomes of leaues, and distill them throw A limbeck and wash the face *with* that water

To make the skynne white draw awaie sunburne

Take halfe a pott full of raine water and fill it vpp with spring water seeth it till it be halfe consumed, in the meane time while it boyleth fill it vpp with the Iuce of lemmons when it hath sodden, take it of the fyer, and put to it the whites of foure new laid eggs finelie beaten but the licoure

must be colde before you put them in and then it is made

An excellent drink for the Tissick

Take A handfull of fennell rootes asmuch persley rootes
as much Alisander rootes halfe a handfull of borage rootes
and take out the pith of the said rootes. Take a handfull
peneryall as much violett leaues, as much cinkfoile, succorie, endyue
hollie oak leaues, mallow leaues, and red gardin mintes of thes
the like quantitie as of the former halfe a handfull of fine
licoras sticks scraped and beaten to powder a gallon of faire
runing water boile their in all theis simples and boyle theis
seedes with them, (that is) thre sponefull of Anissedes
as much fennell sede the like of colliander seed and coming
sede A good handfull of dandelion rootes, and so boyle all
together frome a gallon to a pottle and lett the pacient drink
their of first and last and it will help him *probatum*

Water Imperiall for all cankers

Take a handfull of red sage leaues a handfull of Sellidon
as much of woodbinde leaues. Take a gallon of conduct
water put the hearbes in it and lett them boyle to a pottell
Streine the hearbes through a streaner and sett the hearbs
on the fier againe. Take a pinte of english honey a good
handfull of roch allome as much of white coperas tyme
beaten a penyworth of graines bruised, and lett them boyle

36

Altogether thre or foure walmes, then lett the scumm be taken
of with a fether and when it is cold put it in an earthen pott
or bottle so as it maie be kept cloase and for a grene wounde
take of the thinnest, and for an old wound of the thickest
Cover the Soare rather with veale or mutton: Skinn them
with dock leaues when ye haue dressed them *with* this water

A remedie for the shinkles

Take doues dirte that is moistie and of Barlie meale halfe
a pounce stamp them well together and doe their to halfe a pinte
of vineger mingle them together and so laie it to the sore. Laie
wall leaues their vpon and so lett it lie thre daies vnremoved
on the third daie if nede require laie their to A new plaster
of the same, and at the most it shalbe whole within thre plasters

ffor Synewes that are shortned

Take the head of a black shepe, Camamell, lorell leaues
Sage of each A handfull bray theis hearbes in a mortar
and boyle them altogether in water till they be well
sodden~~n~~ lett them stand till they be cold and draw them
thorow a streaner and so vse it

A soueraine oyntment for shrunken
Synues and aches

oyle of
Swallows

Take eight Swallowes readie to flie out of the nest
dryve awaie the breders when you take them out and lett
them not touch the earth Stamp them vntill the fethers
cannot be perceiued, put to it lavender cotton strawberries
wiers the topps of mother time the topps of rosemarie
of each a handfull, Take all their weight of maie butter
and a quarte more stamp all the fethers that nothing
canne be pe^rceiued in a stone mortar. Then make it it vpp
in balles and put it in a ~~stone mortar~~ earthen pott for
eight daies close stopped that noe Aire take them
Then take it out and on a softe fyer as maie bee seeth it so
that it doe But simper then streine it and so reserue it
for your vse

~~I take this to be the right swallow oyle~~

ffor synues that be broken

Take Earthwormes wormes while they be knitt and looke that
they parte not stamp them and laie to the sore and it will
knitt synues that be broken in two

folio 36 verso || folio 37 recto

Also take peneriall braie it and putt salte enough to it, temper
it with honey and make a plaster their of and laie vppon the
synues that be stif and it will make it stretche

To stanch blood

1. Take Bole Armoniak and make a plaster and laie it too. Also
- 2 take the mosse of the hazell tree and cast it into the wound and
it will stanch fourthwith and the longer it is gathered the
- 3 better it is Also take a peece of martinmas beefe out of the

roffe and heat it on the coales and as hote as the pacient maie
4 suffer it laie it theirto: Also take a pece of leane salte befe
and lett the beefe be of that greatnes that it maie fill the
wounde laie it in hote ashes till it be hote throughe and all
hote thrust it into the wounde binde it fast and it shall stanch
anone the bleding when a maister vaine is cutt, and if the
wounde be large

ffor swelling that commeth
Soddenlie in manns lymmes

Take hartstong, cherfoyle, cut them small and then take
dreggs of ale, wheat branne and shepes tallow molte doe
all in a pott and seeth them till they be thick Then make a
plaster, and laie to the swelling
Alsoe take fare water and salte stir them well together and
theirin wett a cloth and laie it to the swelling

A good oyntment for scabbs and itching
in the bodie

Take foure ounces of oylde bay an ounce of frankensence and two
ounces of white waxe thre ounces ounces of swines greace and
an ounce of quicksilver that must be slacked with fasting spattle
an ounce of great salt of all theis make an oyntment, And if the
scabs or Itch be vpon all the bodie as well aboue the girdle as beneath
Then when thou goest to bed wash both thy hands and thy feete in
warne water and battle them well by the fyer and after drye
them with A cloth of lyming. Then take that oyntment with
thy finger and chafe it well in the palmes of the handes and
soles of the feete and rub it well that it maie drink in well
If it soake in well doe gloues on thy handes and socks on thy
feete, and thus doe every night when thou goest to bedd and
if the scab be aboue the girdle and not beheath then anoynt but the
hands, or beneath the girdle bathe feete, lett the pacient vse
this and he shalbe whole *probatum est*

37

To make one fine and slender

Take ffennell and seth it in water a verie good quantitie, and
wring out the Iuce theirot when it is sodd and drink it first and
last and it shall swage ether him or her proued

ffor all maner of scabbs.

Take white oyntment Brimstone quicksilver verdigrece
mingle them together and their *with* anyont the sore scab

If one haue drunk poyson

Take Bettony and stamp it and mingle it with water and
the poyson the partie hath drunk will presentlie come vp

To restore speach that is lost sodanlie

Take peneriall and temper it with Aisell and giue it to
the sick to drink it laie also a plaster of this to his
nostrills and it will help him Proud.

To stench bleding att the nose

- 1 ffill A quill with vineger and power it into the pacient
his eare on the contrarie side that the nose bledeth
- 2 Laie wett clothes to the patients members and it will
stanck bleding att the nose
- 3 Some wett lining clothes in cold water and laie them
the napp of the neck
- 4 Or take the leaues of redd nettles and chafe them well
betwene thy fingers till they be Iucie an stop in the nostrilles

A singuler medsen for deafnes

Burne A grene ash boughe in the fyer and receiue the
Iuce that droppeth frome it and drop it into the patients
eare somewhat warme when you goe to bed and stopp black

wooll in thine eares and it will helpe the proued ffor blodshotten eyes

Stamp Houselick and streine it into an egg shell sett it
in the fyer and scum it with a fether when it boyleth and
drop it in the eyes when you goe to bedd
Reesbewb

folio 37 verso || folio 38 recto

A medsen for all soares

salue

Take vnwrought wax Turpentine oyle oliue shepes
Tallow or deare sewett a quantitie of everie of them and
then take a quantitie of the Iuce of bugell the Iuce of smalleg
a quantitie of rosin, boyle them altogether over a softe fyer
stirring them alwaies till they be well mingled and that the
grennes of the Iuce become, then streine it through a faire
cloth into a vessell and this shall heale wound or sore what
soever it bee ill

Another for all sores

Take A quarter of a pound of pitch as much of wax as
much of rosin as much capons greace or other soft greace
put them in A pan and seeth them altogether till they bee
melted then streine them thorow a faire cloth and make
a plaster to laie to the place greived

To defend humors

Take Beanes the rinde or vpper skinne being pulled of
bruise them and mingle them with the white of an egg, make
it stick to the temples it kepeth back humors flowing to the eyes

ffor headach coming by heat

In the begining nothing is better then to power vppon the head good
oyle of roses, and if A little vineger be added to it it will pearce
the faster and deeper. The places you power or anoynt it on, is
the foreparte of the head where the seame goeth overthwarte
Also you must vse it on the topp of the forehead where the
heare leaveth growing, and on the sides of the Temples where
the here groweth towards the eares The best thing next oyle
of roses is oyle of camomyll to be vsed likewise especiallie in those
bodies that we would not coole too much As women evnuches
children that haue soft flesh and are white in colour

Of headach coming of colde

Take oyle of rue and power it hote vppon the foreparte of
the head and it healeth the pacient perfectlie. Or instead
of oyle of rew, you maie vse oyles of lawrell dill or camomill
of Spickenard, Serpillum marioram and such like

Against headach caused by drunkennes

Take the leaues of colewoortes staped in warme water and bound aboute the head, doth naturallie resist drunkennes, moreover the broth of colewoortes being eaten is good for that purpose. To preserue one frome drunkenes lett him eat fiue or six bitter allmonds fasting or lett him drink wormwood wine first of all. Moreover if you boyle vervaine alone in oyle and doe sprinkle the head theirwith it helpeth all paine of the head of long contynuance if it were caused of colde or of gros and vicious humors

ffor the mygryme

Mygryme is a painfull evill remaining in the one halfe of the head, this paine commeth often by fitts. Theirfore take earthworms beaten to powder and applie to the greife, as also the flesh of snales bruised and appleyed doth profitt much The kirnells of peaches bruised and appleyed vppon the greife is verie good. Also the donge of A goate stamped and commixed with vineger, if the forehead and temples be anoynted theirwith it ceaseth the paine of the migrime for ever. My counsell is if their be soddane paine of the migrime Take frankencense myrrhe and an egg beat them together and applie that to the forehead and temples.

Against furie and madnes

The onelie roote of wilde ffennell and the seed drunken in water helpeth the pacient Proud

ffor a stroke in the Eye

The onelie thing that you shall vse generallie when the eye is
1 smytten, is the white of an egg and flexen hearbes, to the which god
2 hath geven thre especiall vertues. The first to asswage the paine
3 The second to clere and purifie the sight. The third is to lett and kepe
awaie all superfluous vmors, which otherwise would fall into the
Eye. you shall remoue it foure times a daie and twice a night by
the space of fiftene daies together annoynting in the meantime
the Temples of the pacient with the oyntment of Alabaster, *which*
is an Aduvant and aide to all medicines. Now after fiftene
daies take the ^{xii} streines of a new laide egg of a white hen put it
in a mortar and labour it with a pestell till it be vnited in manner
of an oyntment and so reserue it in a glas and twice a daie and once
a nigh put a litle into the eye

ffor gravell chips or stones in the Eye.

Theis diseases happen vnto masons, milners, carpenters, wrights and smythes by any dust or chip scipping into the Eye, Theirfore it must be taken out, and if it happen their be any pitt in the place where it laie by reason it abode long time theirin then put into the eye the streines of eggs ordered as I declared before twice in the daie and once in the night, and vppon the eye laie a plaster of flexe and the white of an egg, and within thre daies it will hele the partie diseased Sometime it hapeneth the Eye is stong with a Bee or a waspe or some other venemous thing, or blasted with an infected Aire and if any of theis happen the Eye is much disquieted and greved, so that the pacient maie take no rest and it bolueth vpp that he maie not see. The onelie cure for such and the like accidents is this as I haue by experience often tried Take A handfull of Cardus Benedictus stamp it small and temper it well with halfe the white of an egg and theirwith make a plaster layeing it on flexen hearbes binding it hard to the Eye where it shall lie till it be dryed, and then applie another, and so consequently vse it till your pacient be thorow hole. Theis quallities theys hearbe hath It aswageth swelling and easeth the paine destroyeth vemin and putteth blood frome the eyes, this is also a present remedie for the Eyes that are bloodshed when they burne as though their were gravell in them.

ffor paine in the eares

If it be of a cold vmor Take oyle in which Galick is sodden or an onyon dropped into the eares is marvailouslie good. Their be some that doe cutt out the core of a great onyon then the fill it with oyle and heate it meanelie in hoat embers and poure it into the eares when it is stronglie strained. The white of an egg mittigateth the paine note verie much. Also womans mylk. Also goose greace profitteth much also foxes greace When paine is caused of hote distempure Then oyle of roses is marvailous good for the head if it be droped into the eare, A vineger and oyle of roses is verie good or the white of an egge or womans mylke or the Iuce of nightshade Also oyle of Almonds and others which doe purge clence wipe and vnstop the passages without greife. Theirfore of theis you maie make medicines and drop into the eares. Among other the Iuce of leekes dropped into the eare warme is good or Iuce of leekes mixed with honye

ffor bleding att the nose

A linyng cloth wett in vineger is mavailous good being appleyed
1 to the forehead and neck againe and againe, and nourish the forehead
2 with sponges of cold water. Mynts brayed and put into the nose
3 thrills is thought to be verie good. A sponge wett in strong and
4 sharpe vineger maie be put into the nose that bledeth. Also Iuce
5 of the leaues of nettles haueing lining dipt in it and put into the
6 nose stopeth bleding att the nose. The flesh of snales braied
with vineger are with their shells burt and brayed good being
appled to the forehead and nose with vineger But aboue all the
blood that commeth out of the pacients nose is good if it be burned
in an earthen pott and then beated. Take of it thre drammes bole
Armionack an ounce halfe their weight in Camphor *with* the white
of an egg and vineger make it thick like honey laie it to the fore
head and put it into the nose. Asses dong dried and made into
powder is wonderfull good and hogs dong hath the like vertue

ffor a stinking mouth

Often washing with water mixed with vineger in the morn=
ing and bit and bit after meate is verie good Also myrrhe steped
in pure wine minister to wash the teeth. Also it is good to
chew pellitorie Tamarisk and rue. Sage boyld in wine
is good to wash the mouth withall. Some saie that mylke
fish almost all fruites and fatt meates doe redyly engender
corruption in the mouth and stomack

ffor a panting harte.

Take Roses vyoletts flowers of water lillies Saunders
corall Camphire and such like, which can correct the hote
distemper and add strenghe to the harte: and for outward
cure, this is verie good, the oyles of roses and vyoletts, two
ounces of red corral red sanders and red roses Camphire
two graines, white waxe asmuch as is sufficient, and
make an oyntment, and theirwith anynt the region of the
harte and the back bone

for a soor brest, to brast yt, & to cure yt,

Take halfe a gallon of springe well water and two handfull
of wild mallo, seth them well, & then put to them wheat bread crumes
good ale dregges & shepe sewytt, or fresh butter, & lay it to plaister=
wise; & it will seale & draw out all corrupcion

ffor Swonning

Lett the pacients face be wett with a sponge dipped in cold water or sprinckle it with rosewater, also the face the feete and the stomack must be rubbed, the mouth must be opened and you must goe about by all meanes that the humors *which* cause the swoning must be vomitted vpp, by powreing in of warme water in att the mouth. And the loude calling of one is profitable but many at once is hurtfull.

ffor aboundance of mylk in a womans brest

The leaues of perce chervaie anoynted with Iuce of grene percelie is verie good moreover the stone pyrites poudred and applyed with oyle of roses and vineger doth show a marvelous effect against aboundance of mylk, And lett their whole diett be such that theirbie but small blood maie bee ingendered. Theirfore hunger in this evill is very good

for curded mylk in the brests

Lett the pappes be outwardlie anoynted with Iuce of grene parsley mynts fenugreke, also the creame of a hare beaten with water if it be anoynted is good against all swellings of the pappes especyallie against the corrupt aboundance of mylke. Also anoynt them with oyles of camomyll dill lillies and such like but take hede they touch not the nipple Oxes gall anynted is good

ffor Imoderate thirst

Cucumber seede chewed or if it be hulled and beated and drunked with water it helpeth greatlie against thirst ingendred through heat of the stomack, likewise lettuce seede chewed and drunk profitteth, and pursleine seed likewise. But those *which* are vexed with thirst caused of heat and drynes, as it chanceth in all burning and drey fevers and to thos *which* labour in somer or great heat are best healed *with* a drink made of vineger and water sodden together

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ffor the wormes/

1 They are killed especiallie with bitter medycines

among which theis simples are good: Wormewood sothernwood
Calamint horehounde dettanie Isolew coriander sede
harshorne, peneroyall centorie ferne garlick sedes of
2 colewoorts Among all other the most comendable is Aloes
Theirfore if Infants will hardlie take it because it is soe
bitter giue them a pellett of it in a rasin or butter of an
Apple, when the wormes are killed, it is good to driue
them out with purging or by Suppositorie

ffor the Hemrohides

The Hemorohides is an vnfoldeing and spreiding abroad of
the vaines in the Tewell. To them take crumes of bread ;
stepped in mylke and sodden with yoakes of eggs and applie ;
them theirto like a plaster Also it profiteth to sitt on A bath
made of the decoction of mallows vyolett leaues mellilott
fenugrek camomyll linsede and such like and if the pacient
cannot vse that wett woll or a sponge in the said decoction ;
and laie to the greife //

ffor ffalling out of the Tewell

After it is in and thrust into his owne place againe you must
anoynt it with oyle of roses being warmed, and scowre the
Tewell with restrictiue wine, and then being put vp againe
into his place you must binde him vpp, And it must be done
so sone as the sick hath bene att the stole lest that when
necessitie constraineth him to goe to the stoole againe the
Tewell should fall out againe etc

ffor hardnes of the splene

The most convenient medsen for hardnes of the splene is
Iron quenched often in water or wine, for that water or
wine ministred in the begining is pleasante and most
profitable and is geuen for manie daies together: Lett the
Iron that is quenched in them be some Instrument that is laide
with stele. also the scales of Iron maie profitable be
ministred to strong and rude men, for this doth melt the
spene notablie It hath a consuming vertue

folio 40 verso || folio [26a] recto

for one that pisseth blood frome the reynes

You must absteyne frome the things which speciallie provoke
vryn and frome carnall copulacion . Take an ounce of hartshorne

with wine and Iuce of marigolds which stoppeth bruising out of blood frome the reynes Also ceropps of roses and myrtles are good moreover shepes mylke is onelie praised being ministred fasting foure ounces with A dram of bole armoniack mixed with it among pothearbs ffennell and pasneps will provoke vrin

for the stone in the bladder

A most lawdable medycyn is a hedge sparrow being dressed in Salte and taken raw in meat doth heale the disease perfectlie for it expelleth the stones ingendred in the vrin and letteth them frome ingendring any more. Also goats blood is a present remidy as well for the stone of the reines as of the bladder, for it disolveth thos that are ingendred and dryveth them out with the vrin and it prohibiteth other to engender any more and ceaseth the paine

for the Strangurie

Lett the pacient absteine frome all things that are strong of salt and also frome wine exercise wrath and slow eating, and drink whey with Casia fistula which is marvailous good against choller Also venice Turpentine washed in rosewater or endyue water is verie good and minister the quantitie of a nutt or two or thre

Of contynuall standing of a manns yearde

Giue him little meate made of corne and kepe him frome sights and stories and rehearsing of those things which pertaine vnto licherie. And anoynt the yeard and the space betwene the fundament and the yearde with oyle of roses washed in cold water aswell to the yearde as to the loynes and it doth notable wel

Of shedding of sperme

This disease chanceth not onelie to men but also to women and in women it is hard to cure. Theirfore kepe them in quietnes with little meate and with drinking of water: you must cover the places about the pryvities and the loynes with wooll wett in the oyle of roses and wine or in oyle of blosses of aples or quinces, eat in *your* meate sede & leaues of rue sede & stake of lettuce the rote of water lillies and drink water wherein Iron hath bene quenched &c
Edward Taylor

To make rosemarie water..

Take the rosemarie and the flowers in the middest of maie be=*fore* the Sunne arise and strip the leaues and the flowers from the stalke, take foure or fyue Alicompanie rootes A handfull or twoo of Sage and beat the rosemarie the rootes and the sage together till they be verie small and take thre ounces of cloues thre ounces of mace thre ounces of quibles, halfe a pound of Anisedes and beat thes spices severall, then take all the hearbes and the spices and put there in thre or four gallons of good white wine put in all theis earbes spices and wine into an earthen pott and put the same pott in the grounde the space of sixten daies, then take it vp and still it in A still with a softe fyer

To take awaie barrennes

Barrannes is caused on the mannes parte or on the womans parte It is on the manns parte when his sede is hote and as it were burned or els colde thinne waterie and feble as is the seed of old and feble men, or when A man hath a shorte yearde so that he cannot cast his seede into the Innermost parte of the matrice *which* propertie is incident to fatt men by reason of their great bellies Also vnwilling carnall coppulacion for the most part is vaine and barren you shall haue this more att large amongst the medicines leafe 41

To make oyle of Camomyll

ffirst gather the flowers of camomyll good store and stepe them in good Sallet oyle lett them stande in the Sunne a whole moneth together, then geue them two or thre walmes over the fyer and streine the oyle frome the flowers, and kepe it for your vse Itt is a soveraine help against many infirmities, especiallie against any swelling in any parte of the bodie, being anoynted theirwith and kept warme, Alsoe it is good against ake if the place greved be anoynted theirwith as hath bene of proved Be sure you haue so much oyle as will cover the flowers all over when you stepe them theirin

folio [26a] verso || folio [before 41] recto

To make a water to drink in sommer

Take strawberries A quarte synamon two ounce a quarte of fare water halfe a dosen cloues bruised distill theis in A glas or other if you haue not A glas still, and vse it after it be Sunned. This water was vsed by doctor Stephen and practised of late and found verie comfortable and of the

Phisitions commended

To make water of the colour
of that flower you doe still

ffirst distill A glasse full of that water you will colour
whether it be of roses vyoletts &c. then put into the glas so
distilled of the flower, and sett it in the still and it will become
of the colour, but you must put somewhat in the still, least the
bottome of the still doe burne proued:

To distill Cynamon water..

Take a pound of synamon well beaten to powder six graines of
musk, laie your synamon in a broade platter or such like vessell
that is broad and cleane, and sprinkle it over with conducte
water, ever stirring it with a spone till it be moiste, then put
it into A still and with a softe fyer distill it and kepe it close

To make a water to wash the face
vsed of A gentlewoman

Take Goates mylke A quarte and fine flower make paste of
this and bake it in an oven makeing little loaves of it, when it is
baked but not too much, take more of Goates mylke and crumble
of the crumbes of the said bread into it, letting it soake their A
night: When you will vse it, wipe your face with a drie clothe
and wash it with the mylke and breade, and in vsing this, it will
make the skinne as white as snow: This one of the best medy
cynes that one can vse for that purpose. Also lemmondes
laide in butter mylk was vsed of A gentlwoman in Inglande
that was accompted wonderfull faire, and yet was knowne
otherwise onelie by the practise and vse of this receipt:

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41

Of losse of carnall copulacion

Note

They which for inpotencie and weaknes of members cannot
1 vse the act of Generation, lett them vse good meates, as hennes,
2 capons partrich, fesants yong doves cock sparrows cock stones
3 and such, like Also windie meates are good The eggs of partridg
doe stir vp carnall Lust. Also rockett musterd sede gardin cress
4 nettle sede and pepper. The stone of a fox dried, beaten to
powder and drunk doth cause a stifnes of the yeard. Burne
the drie pissill of a harte and minister an ounce of it with

pure wine.

Of flowing of mensins or flo:

ffor which purpose Iuce of plantaine is wonderfull comended wherewith Doctor Gallen saieth in foure daies he stopped A fluxe of the wombe that could not be staid with any other medyceine It must be cast into the wombe with a Instrument Of the same effect be the Iuces of knotgras and nightshade & Also wine where in worwood hath bene infused or sodden in pist be drunk all times of the cure

Take awaie Barraines

Age to great or to little doth lett conception. Therefore you must Seperate them that be yong from carnall copulation: So that the man maie be thirtie yeares old and the woman eighten Lett the woman neithr wearie her selfe with too much labour nor lett her not be altogether Idle. ffor Idlenes doth stuf the bodie with superfluous humuors and to much labour consumeth the blood and menstrues. They that be fatt are vnapt to begett and procreat children because their genetors cannot touch together and because they send out little sede. It is good that you giue vnto such as desire to begett children some accustomed and pleasant thing to eat or drink before meat which be most apt to provoke carnall lust as good wine is better then water

If you haue not bread and wyne
Carnall Lust will coole and pyne .

ffor pott hearbes they must vse rockett orminium it is like hore-houde, Elisinio &c Rew calamints and mintes must be escheued altogether Rew doth altogether destroy and corrupt sede Besides the greatest impedymnt to conception may be in the matrice of which particulers I spare to speak.

folio 41 verso || folio 42 recto

Of sore travaile in childbirth

Medicine

Sore travaile in childe birth doth chance ether through default of the parent or of the childe or of the secundine, or if she be naturallie weake so that she cannot dryue out the childe, or if she doe labour before her time. Also their are commanlie infirmities in the matrice which I relinquish, neither is it my purpose to teach any handie cure in this place but referres

to the good discretion of the Beldam. Onelie this I admonish
to encorage and comforte a fearefull woman. And if she be
vnskilfull in paines of travaile, admonish her to hold and stop
her breath stronglie and let her thrust it out to the Ilions with
all her might A medycyne that doe vniversallie help all that
travell in childbirth is this thatt followeth Receiue Cynamon
chosen a dram ij dramms of myrhe, the weight of twentie
Barlie cornes of casia Lignea A dram of white ambre
beat them together and make a fine pouder whereof minister in
wine that is odeferous the weight of one dram moreover the
childe being borne, often times it chanceth that the secundyne sticketh
fast in the wombe *which* if it chanceth: you must draw out the
secundine with your left hand being warmed and anyoynted with
some fatt thing and put into the wombe.

ffor the goout

note

Lett the pacient absteane altogether frome wine And to conclude
they that desire to be free frome the gooute, lett him remember this
shorte and holesome precept, to be moderate in Diett and not to be
slouthfull in Laboring. Also lett his slepes and venerous actes bee
in A meane, as for remedies lett salt be brayed small in oyle and
the Ioynts rubbed therwith for it helpeth greatlie all thes that
wilbe fre frome this evill.

ffrome the which and also from all other
Infirmities both of soule and Body, Iesus
Christ deliuer vs which shed his precious
Blood vpon the holy crosse to salue our sunnes

Nicholas Webster

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ffor the Hickopp

Stopp both your eares with your fingers and the hickopp will
goe awaie presentlie

ffor bloody fluxe

The blood of a hare dried doth help and staie the bloody fluxe
be they never so fare or extream: So doth the bones of a man
or woman made in fine powder and taken in red wine

ffor collick stone and strangurie

Sixe cloues of Garlick stampd and streine into a draught of
Rennish wine and so drink, is a present remedie for the collick
stone and strangurie; an excellent medicen if it be taken thre daies

A strange miracle

A certaine contrie man did slepe open mouthed in the feildes
A Serpent crept into his mouth and so into his bodie, but
after the same man cured himselfe theirop with eating of
garlick. But he infected his wife with poysen by having
to doe with her carnallie whereof she died, a strang thing.

To make heire it shall not grow.

Stampe pisuire or Antes eggs with the Iuce of henbane
and humlocks, or with the blood of a buck and anoynt the
place theirwith. Also the dong of a catt dried and mixed with
strong vineger that it maie be somewhat thick and their with any
hearie place rubbed with often times or anoynted in a daie
it will cause that heire will grow no more in that place proued

To helpe a stinking breath that comes from the stomack.

Take two handfull of comingsede beat it to powder and seth it in
A pottle of white wine vntill a quarte be wasted awaie then giue
the partie a good draught thei of first and last as hote as he
maie suffer it and it will make him haue a swete breath with in
fiftene daies. this is proved

for a bloodshedd eye

Take poudere of white hard suger, putt into a bloodshotten Eye
or that is somewhat dim of sight it helpeth the same and mends
the sight very well: especiallie if you put afterwarde a little
rosewater into the Eye: This I haue proved oftentimes to be most
true: if it were vsed it wold consume the web in the Eye.

finis

Nicholas Webster

folio 48 verso || folio [19] recto

Effigiem rex Croese tuam ditissime regum
uidit apud manes Diogenes Cemeus,
Constitit utque procul solito maiore Cachinno
concussus dixit: quid tibi diuitiae
Nunc prosunt regum rex o ditissime: cum sis
sicut ego solus, me quoque pauperior
Nam quaecumque habui, mecum fero, cum nihil ipse
ex tantis, tecum Croese feras, opibus.

19

To make a tarte that is a corage to man or wom^{an}

Nota

Take two quinces and two or thre bur rootes and a potato
pare your potato and scrape your rootes put them into A
A quarte of wine and lett them boyle till they be tender

put in an ounce of dates and when they be tender draw them thorow a streiner wine and all, and then put in the yoakes of eight eggs, the braines of thre or foure cock sparrows, streine them into the other and a little rosewater and seeth all with Suger, Synamon and ginger cloues and mace, and put in a little swete butter and sett it on a chafingdish of coales betwene two platters and so lett it boyle till it be something bigg

To make pottage to loose the bodie

Take a chickin and seeth it in running water, then take two handfull of violett leaues a good pretie sorte of rasins of the Sunne pick out the stones, and seeth them with a little salte streane it and soe serue it

To make broth for one that is weak

Sett a legg of veale over the fyre in a gallon of water scumming it cleane when you haue so done put in three quarters of a pound of small rasins halfe a pound of prunes mints, and the like quantitie of hartes tongue lett all theis seeth together or till all the strength of the flesh be sodden out, then streine it so cleane as you can and if you think the pacient be in any heates, put in violett leaues and savorie as you doe other hearbes

To boyle dyvers kindes of fishes

Brett Conger, Thorneback place fresh Sawmon, all thesi must boyle with a little fare water and vineger a little salte and baye leaues. Sauce them in vineger a little of the broth with a little Salte as you so cause shifte your sauce as you Doe beefe in brine, and also fresh sturgion seeth as it is aforesaid and sauce it as you did the other

folio [19] verso || folio 44 recto

And if you maie kepe it halfe a yeare changing the sauce And salte Sturgion, seeth it in water and Salte and a little vineger and lett it be colde. Serue it furth with vineger and a little fennell on itt. But first ere *the* seethe it *that* must be watered

To make a Tarte of grene pease

Take halfe a peck of grene pease, sheale them and seth

and cast them into a Collyander and lett the water run frome them, then put them into the tarte hole and season them with pepper saffron and Salte and a dish of swete butter close it and lett it bake almost an hower, then draw it and put to it a little vergice and shake it well together, and sett it in the oven againe and so serue itt.

To make a florentine

Take the kidneyes of a loyne of veale that is rosted and when it is cold shred it fine, and grate as it were a halfe A manchet, and take eight yoakes of eggs a handfull of currance eight dates finelie shred a little synamon ginger and suger and a little salte mingle them with the kidneyes, then take a handfull of fine flower and two yoakes of eggs, as much butter as two eggs and putt into your flower then take a little seething licour and make your past and dryue it abroad verie thin. and strike your dish with A little butter and laie your past on the dish and fill it with your meate, then draw another shete of past thin and cover it withall. cut it handsomelie vpon the top and by the sides. and then put it into the oven, and when it is halfe baked take it out and take two or three fethers and a little rosewater and wet all the cover with it, and haue A handfull of suger finelie beaten and straw on it, and see that the rosewater wett in everie place and sett it in the oven againe, and that will make A fare Ise vppon it If your oven be nott hote enough to reare vpp your Ise then put a little fyer in the ovens mouth

44

Certaine approved pointes of husbandrie verie necessarie for all Husbandmen to know

1 ffirst for oxen: Taken wherebie an oxe is knowne to be good and towarde for the woorke and theis: Bodie and quick at the voyce and that moveth quicklie: he is shorte and large great eares the hornes liuelie and of meane bygnes and black, the head shorte the brest large a great pauch the Tayle long touching the grounde with a Tuft att the end the Heare curled the back streight, the reines large, the legg strong and senews the hoofe shorte and lardge the best colour is black and red, and next vnto that baye and the pyed, the white is the worst, the gray the fallow and the yellow are of lesse value. The chardge of one that kepeth them is breiflie to vse them gentlie, to serue them with meat and good butter to rub or

kemb them at night. to strike them over in the morning washing
sometimes their tailes with warme water. Also to kepe
their stable cleane and that the poultrie or hoggs come nott
in for the feathers maie kill the oxen, and the donge of
Sick hoggs bredeth the morrow

2 Alsoe he must know discretelie when oxen haue labored
much and when but little and according to that they are not to be fedd

3 Also that he woork them in A time too colde & too wete

4 Also that he suffer them not to drink presentlie after A
great labour and that he tye them not vp furthwith vntill
they bee a little refreshed abroad

5 The oxe desireth the cleere and running water, like as the
horse desireth the puddle or standing water.

6 Also at their coming home, he alwaies overlooke them and
if their bee any thornes in their feete or if the yoke haue
galled them.

7 Note that an oxe is att best when his teeth are equall
white and long and when he is old his teeth bee vnequall
and black

folio 44 verso || folio 45 recto

8 If an oxe haue the lask which oftentimes is with blood and
maketh him verie week, Kepe him frome drink foure or
five daies giue him walnutts and harde chese tempered
with thick wine, and for the vttermost remedie they lett
him blede in the midst of the forehead

9 To make him loose bellied they giue him two ounces of Aloes
made in powder with warme water.

10 An oxe that pisseth blood of being too much chafed or of
eating ill hearbes, kepe him frome drink, and drench him
with treakell in two pintes of ale putting their to saffron.

11 ffor the coughe seeth Isop in his drink

12 ffor biting of an Adder or venemous dog annoynt the
place with oyle of scorpion

13 If he be lame of colde in his feete wash him with olde
vrine warmed

14 If he be lame of aboundaunce of blood fallen into the pastornes
and hoofe disolue it with rubbing and lanncing

Also the better to kepe open in health whether they be to be
labored or to be fatted wash his mouth eight daies with
vryne and their is taken awaie much fleame which taketh
frome an oxe his bust and stomack

Off horses

1 Token of a good colte the head little and leaue the eares
streight the eyes great, the nostrells wide, the neck
little towards the head the back close and large close bellied
The cullious or stones equall and small the taile long
tufte with haire thick and curled, the leggs equall

height and streight, the hoofe black harde and hie he should
be quick and pleasant

45

2 The age of horses is knowne partlie by the hoofe and principallie by the Teeth when the horse is two yeares olde and A halfe the middle teeth aboue and beneath doe fall.

3 When he is foure yeares old the dogg teeth doe fall and others come in their places, before he be six yeares olde the greatteth aboue doe fall and the sixt yeare the first that fell come againe, the vij ye all all is full and they be all shutt

Off Shepe

Certaine daies daies before the ramms be putt to the yowes they drench them with Salte water: theirby the yowes will take the better, and the rammes (they saie) wax more full of appetite.

2 To haue manie male Lambs they chuse a drie time the winde att north, letting the yowes goe in pasture that lieth open against the northerne winde and then put in the rammes.

3 To haue manie female lammbes they contrariewise obserue the sotherne winde

4 When A yow is with lambe if she haue a black tonge they saie the lambe wilbe black and if the tonge be white the Lamb likewise wil be white

5 Tokens of A good shepe a great bodie the neck long, the wooll depe softe and fine, the bellie great and covered with wooll the Teets great great Eyes Long leggs, and long taile

6 Tokens of A good Ramme the bodie high and long A great bellie covered with wolle a fleece thick the forehead broad Eyes black with much wooll aboute them, great eares covered with wooll great stones well horned, but the more writhed the better The long and pallett of the mouth all white to the ende the lambes maie be all white

Of Hoggs.

The Hogg of himself though filthie yet he prospereth best if he be lodge in a cleane stie and everie moneth his stie should be cast over with fresh gravell or Sande to make his lieng fresh

folio 45 verso || folio 46 recto

2 Chuse your brawnes thos that haue their head shorte and large, the brest large colour white the feet shorte the leggs great and those that haue the strongest hares on their back.

3 Those are to be kept for sowes which be longest hanging

bellies great teates depe wilbe a little head and shorte leggs.

To kepe apples

When you would haue any great store well and long kept
frome perishing gather and chouse the soundest heviest
and fairest and being not over riped provide a hogshhead
and bring the apple where it shall stand, and laie a lanie
of strawe, and vppon the same a lane of apples, then straw
shutt it close with the head, or cover it that no aire come in
To cure the malladie of trees that beare worme eaten fruite
which commeth of much wett or a moist season, And that time
they pearce the trees through with an Anger as nighe the
roote as they can, to the end that the humor whereof the wormes
doe breede maie distill out of the trees

If trees through oldnes or otherwise leaue beareing of fruicte
vsuallie, they vse not to lopp them, but cut awaie the head
boughes, vncover the rootes after all sanutes tide and cleane the
greatest of the rootes putting into it clostes shevers of flintes
or hard stones, letting them their remane to the end the humors
of the earth maie enter and ascend into the tree after about
the end of winter cover the rootes with verie good earth it is
good to burie dead carrons about the rootes of such trees.

To make Sope.

ffirst you must take a strike of ashes of ash and a quarte
of lyme mingle both thes together then fill a pan of water
and seeth them well: Soe done you must take fower pounce
of Beast fallow and put it into the lye and seeth them together
vntill it be hard

46

Medycyne
ffor the Toothache

Take pellitorie and chaw it well in the mouth and it will
make the Paine come downe wonderfullie and cast the paine
of the Toothache proued.

Another

Take fair spring water warme it in a pipkin and lett
the pacient take thei of in his mouth as hote as he maie
suffer it and roule it well in his mouth about where the

paine is and when that in the mouth cooleth take more and
vse it likewise and it will cure it proued

ffor bloodfalls or chilblanes about the
feete *which* comonlie happen in winter

Doctor
Barow

Take running or ryver Watwe warme it on the fyer and
ther with baith the place greiced with a linning cloth when
the water is blood warme att night when you goe to bed and
within thrice doeing it will help you proued

for a pearle new comd into the eye

Master
Skelton

Take the gall of a white cocke put the Iuce therof into A
Sawcer and put ther to three dropps of spring well water
and drop it into the patients Eye and it will take awaie the pearle
if it be a pied in time proued.

ffor the ruhyme in the teeth

Doctor
Barow .

ffirst roste A garlick head, and take a cloue ther of and
holde betwene the teeth that aketh. then haue a plaster of
mastick and laie behynde the eye and it will take awaie *the* ruhyme.

A medycine for a holed tooth
which the countesse of Shrowsburie
did vse and hath cured manye

Countis
of Shros
burie

Grate a nutmegg and ginger and putt ther to allome and
a little honey poune them in a mortar and make belles their of
and put in the toothe that it holed and it will take awaie the
paine with an hower. Some bloud wax and pepper together
and stop in the holed tooth but it is not so good

A medycen for a surfett

Take the bottome of a wheaten loafe and tost it att the fyer till it be verie browne and harde, and then take a good quantitie of aqua vitae and put it vppon the same toste and putt it in a single lining cloth and laie it to the brest of the pacient all a night, and with the help of god he shall recover

A medycen for the Itch

Take A roote pellitorie and seeth it in fare water till the water be somewhat yellow and clammye, then take the saide water and wash where the Itch is and it will help you

ffor the morphew

Take the Iuice of sengrene and vineger and mingle them together and wash the place where the morphew is.

King Henry the eight his medycine for the plague

Receiue of hearbgrace, marigold sorrell and burnett of every one a like fetherfew a handfull of draggons either of the crop or of the roote a quantitie wash them cleane and seth them in a pottell of runing water to the halfe verie softlie, then take it frome the fyer, lett it coole, streine it and drink it, and if it be bitter, putt their in Suger candie: If this be taken before and purples doe appeare, by gods grace the sick person shal be without perill proued:

King Henrie the eight his medycen for a Sore

Receiue of good Sallett oyle one pinte of turpentine one pinte of new waxe thre ounces, of rosemarie leaues a good handfull boyl all together in a pinte of runing water till it leaue plaing *which* will be aboute three howeers, then lett it stand vntill it be colde and after that put it into boxes and it wil be a pleasant salue, when you will vse it warm it in a Sawcer and dip lint their in made of lining cloth and laie to the sore

To kill wormes in the hands

ffirst wash them cleane, and vppon a faire coale fyer cast on
henbane sede and holde your hands over it as neare the fyer as
you can abide them: holde the hands in a basen of hote water

To cure a man that is bursten.

Take Comfree dried to pouder a good quantitie of the pouder
of boalarmoanack beat them together with the white of an
egg, put theirto a sponefull of honey and as much flowers as will
thick it like a plaster and applie it to the place with a cloth and lett
it be two daies before you change it

To make a cullice with ^{^out} flesh ot fish

Seeth dates perceley fennell rootes, then take then furth and
beat them in a mortar with almonds and crumes of bread strene
all together and season them with sugar synamon cloues and mace

A medycen for A mangie dogg

Take the mosse that groweth on the roote of an ash tree a good
quantitie therof seth it in runing water to the halfe and while
it is warme wash your dogg with it and it will help him proued.

ffor chapped Lipps

Iff one vse to rub chapped or rough lipps with the sweates
behinde their eares, it will make them fine smooth and well
coloured proued

ffor deafnes singuler

Earth wormes fryed with goose grease then streined and
a litle dropt warme into the deafe and pained eare doth
help the same, you must vse it a dosen times at least: this is true

ffor Awon

Make pouder of vnsleckt Lyme and mixe it with black sope
and anynt any wen their with and the wen will fall awaie and when
the roote is comed out anynt it with oyle of banline and it will

heale it perfectlie

A notable thing

A flaud mouse rosted or made in pouder and drink at one time doth perfectlie help such as cannot hold and kepe their water sociallie if it be vsed thre daies in this order proved most true.

folio 47 verso || folio [27a] recto

ffor a quick thing in the head

Cut or bñ break a while loafe in the middest when it is new comde out of the oven, and laie it to the care of such as haue any quick thing in their head and it will come out shifting it still with hote bread till all be comed out proved true

ffor black laundies

If shell snales be dryed and made in pouder and a sponefull drunke theirol in ale att one time and so taken nyne or ten daies together it doth perfectlie cure the black laudeies proved

To make fare handes

Wype the dung of sparrows in warme water and wash them theirwith: Or seth the rootes of nettles in that water and therewith wash the handes

To make a fare face

The rootes of lillies sodden in water doth take a waie the rednes of the face of certaine evenings and mornings the same be washed and rubbed theirwith often proved

ffor the stone

Drye the rootes of nettles redd and make them in pouder and drinke a sponefull therof att once a draught of white wine something warme and it will breake the stone thoughe it be never so great and that with spede vse it everie daie vntill the stone and gravell be all broken and consumed A thing of small price and great vertue

ffor any burning or scalding.

Salte disolved in water or brine presentlie with his strengh doth put awaie the paines and the heatesof any burning whether it be with gunpowder hote lead, pitch, scalding water burning coales, burning Iron, or by any other meanes whatsoever especiallie if it be bathed with lining clothes wett and dipt in the same, and a lining cloth their in wett and applied to the place burned

ffor one that cannot hold their water

Drye a goates, shepes, or neates bladder and make pouder theirolf and lett them drink therof with vyneger or water when they goe to bedd that cannot hold their water and it will help them. affirmed to be true

To make Rosa Solis A verie good Waie

Take A gallon of aqua vitae, foure good handfull of the hearbe called rosa solis verie cleane picked frome the mosse, put it into the aqua vitae and lett it stand till the hearbe become white for then all the vertue is in the aqua vitae, the hearb then taken out and streined through A cloth, put to it eight leaues of fine gold foylde pearles as many as you will bestow, red corral gallingale all peppers alike six graines, Suger two pound rasins of the Sonne the stones picked out, the rasins and dates beaten in A mortar, carrawaie sedes colliander sedes and Anessedes of everie one two ounces, a quarterne of a pound of licoras finelie beaten Cynamon a quarteron of an ounce ginger nutmeggs cloues of everie one two ounce and two graines of musk, put all theis into the aqua vitae and lett it stand in the Sunne close stopped the space of A moneth, then shift it into glasses and put more aqua vita into the groundes

Rosa Solis without the hearb such
as is commonlie soulede

Receiue flower gentle bruised halfe a handfull put it into Aqua vitae and it will colour it redd, then put in the spices aboue named, and sell the same for right Rosa Solis: but you maie know it by holding it in your hand for it will colour it But the right rosa solis is yellow like malmsey or bustarde

A Swete water

ffirst distill thre gallons of fare water, and when it is in A
pott of stone well leaded put to it an ounce of orris pouder A
handfull of oyle of spicke, storax calamint halfe an ounce
gallingale an ounce, beniamin a little beaten with suger
candie, a little saffron an ounce of cloues, lett all theis be
distilled in A still of glas and first when you still put
into your still roses and Lavander then power the lickour
vppon it and their will come out a verie pleasant water
proued

folio [27a] verso || back endleaf 1 recto

A water verie swete to wash with
of hearbes onelie to be distilled
all the yeare

Take margerome flower gentle two good handfull Basill
rosemarie of either a handfull, xij bay leaues in number xx^{tie}
walnutt leaues of the yongest, swete bryers some good handfull
gilliflowers a handfull or in their stead an ounce of cloues brinsed
Lavander fower handfull, an hundreth red roses, two hundreth
damask roses, two cropps of mawdlen and tansey and as much
camomyll, put all theis hearbes into a gallon of stronge new ale
distill it with a slow fyer and stop the glas and the sunnne it well
put to it in the Sunning two graines of blacke muske and kepe it
that the frost come not too it / proued

A good damask water

Receiue thre handfulls of rose leaues synamon cloues, bay
leaues a handfull rootes of gilliflowers a handfull marioram
gentle a handfull wilde time a handfull put all theis into a quart
of runing water and a quarte of rhennish wine or into a pottle
of good rose water, and infuse theis together the space of foure
and twentie howers and then distill them.

back endleaf 1 verso || back endleaf 2 recto

back endleaf 2 verso || back endleaf 3 recto

back endleaf 3 verso || back inside front cover

back outside cover

spine

head

fore-edge

tail