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## **V.a.563: Medicinal, household and cookery receipts [manuscript].**

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G. Heywood  
Bideford  
Devon

G Heywood  
Bideford  
Devon

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Culpepers dispensatory Powder for  
the woorms

Take of wormseed 4 ounces, Senna An ounce  
Coriander Seed, Prepared Hartshorn, of each  
Half a dram, Rhubarb half An ounce,  
dried Rew two drams, beat them into powder  
about 15 grains is enough for A Child of 10  
years ould, 12 for one younger,

My Lady Doyles Receipt for orrang iomballs

Take A Pound of fine flowr well dryd; then  
put to it as much fine powder sugar, take  
8 eggs, take out 4 of the whites, and when they  
are well beat mix them with the flowr and  
sugar, then put to it the Peel of an orrang

or Lemon Cvtt very smale, then beat it well  
in A mortar all the time the oven is heat=  
=ing then drop them on clear Papor, either  
flowrd or bvtterd so Bake them

#### mrs Bamfields Receipt for A Rupture

Take A quart of Aqua vita, to which Add  
3 quarters of A Pound of deer suit: together

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=together with so many ash buds as you  
can hold in both your hands att twice,  
and the Like quantity of dasie roots with  
their Leaves and flowrs one good handfull  
of Cvmfery, and as much of solomons seal,  
all these herbs must be made very Cleane  
but not washed, and then these herbs and  
deersuit must be shrid togeather, after=  
=wards all must be put into An earthen  
pott with the aqua vitta, which pott  
is to be kept Close either with past or  
with Clay, then putt it over A fier in  
A pott of Clean watter, keep the pott=  
=full and boyling from 6 a clock in the  
morning till 6 at night then strein  
it out and keep itt for your vse

#### A Choice Receipt for A Consumption and other diseases, from D: mrs Parrott

Take of Sars<sup>a</sup>perilla one ounce, of Saxaf=  
=rees and Chiny root half an ovnce each  
of hartshorn, Coriander seeds, Annis Seed,  
Red Sanders and Liquorish; of each A=  
=quarter of ann ovnce, boyle all these  
together in A Close Pipking (or an

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an infusing pott, putt in 3 qvarts of watter,  
to them and boyle it till A 3<sup>d</sup> part be cons=  
=umed, drink no other drink, and this all=  
=wais warme, for A month purging gently  
twice A week or as you find occassion

#### For An vlcer in the Leg or Elsewhere

Take a pennyworth of venus turpentine  
and the yolk of A new Laid egg, stir it toge=  
=ther vntill it be very well mixed, then  
add to it wheat flower, and a little svt  
of the kettle such A quantidy, as will make  
it of a conuenint stiffness, then spread  
it on fine Lint, and aply it to the place  
griued, put on it aplaister of mellilott to  
keep it on, it must be dresed morning and  
evening, Brobatem

A Good way to make meede

Take to every Galland of watter fouer  
pound and a halfe of hony, and when it is  
well melted, try whether it will bare  
an egge, the Breadth of two pence, then

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4  
then sett it on A fier to Boyle and  
skim it Cleane, then take A quarter  
of an ovnce of Cloves and mace, one  
nvtmig sliced, one rase of ginger sliced,  
and grose beatt the Cloves and mace  
then put the spice in A thinn bag,  
and pvt it in the meade, six tops of  
sweet brier, six tops of rosmay and  
three tops of sweet margarum, when  
it is boiled straine it from all these  
things and sett it thinn as you  
would doe wort and when it is all  
most quite Cold pvt it all into one  
vesell and put A Littell barme with  
A Little of the meade in A dish  
and sett it in the meade and soe lett  
it worke and the next day tvn it vp  
into the barell, and stop it Close  
when it has don working for it will  
worke in the barell a Littell but tis  
not good to haue it worke much, then  
Lett it stand Abovt six weeks and then  
Bottell it out and this will keepe A  
yeare of more, if you would make  
smale meade to drink quickley then  
put, but fower pound of A galland of watter

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Mrs Lovets Cake

Take 4 Povnd of Cvrrence cleane picked  
 and washed, and abovt 4 Povnd more of  
 fine flower well dried, and mix the Curr=  
 =ence with the flower well together drie  
 Abovt an ovnce of sweet spice one large  
 nutmig or 2 Little ones in it, the rest Clo=  
 =ves and mace, in all Abovt an ovnce and  
 strew into the flower and Cvrrence, and  
 make 2 Partitissans in it, then take A quart  
 of scald Cream and melt in it A pound of  
 fresh bvttter, then take the yolks of 12 eggs  
 and 2 whites beat them well and take A  
 pint of good ale east all most half a pint  
 of Canary sack mix the east eggs and sack  
 together, and strain it, so put into one  
 of the Partitions in the flower and the  
 Cream and bvttter more then blood warm  
 in the other so work it well together,  
 till it comes Clean from your hands, then  
 Lett it h<sup>e</sup>ave by the fier half an houre and  
 stand an houre in the oven or more if put  
 in a hoop, if not 3 parts of an hover, if you  
 slice Cittron or orang pill in it strew  
 it in as tis working vp together, Put a pound  
 of Reasons stoned if you would keep it

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mrs Rolles

=it Long Cvt the Reasons A Little  
 To ice it beat the white of an egg, well  
 with oring flower watter and a little  
 Ambergrees and thiken it vp to A past  
 with treble refined svgar finly  
 povnded and serched, so pvt it on the  
 Cake with A spone or fether ivst as  
 the Cake Comes out of the oven which  
 will melt it, set it in to dry it

A Good Reecipt for the kings Evill

Take about 4 or 5 handfulls of flvellen  
 shrid very small (it mvst be so mvch  
 affter tis shrid, and boyle it in a pound  
 of mvttten svit affter tis shred and  
 Pounded first ith the flvellen,  
 boyle the flvellen in the svit till  
 it is Crisp, so pvt it up in an earthen  
 pott for your vse to anoint the Place,  
 you mvst make A powder of the flve=  
 =llen, and giue as mvch to A Child as



will lye on 6 pence, once a day, or  
you may steep some in drink or put  
sum into a vessell of drink for your vse

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For dimness in the Sight, mrs Rolles of H<sup>c</sup>anton

Beat the white of A new Laid eff half A  
An hovr with the flatt of A knife, then  
pile vp the froth Like A Sugar  
loaf as steep as you Can, so let it stand  
6 hovrs, then take the iuce of dasie roots  
and leavs well washed and picked, as mvch  
as there is Cleare of the egg, and as mvch  
virgien hony, of each A Like quantidy;  
and mingle all well togeter and strein  
it 3 times thro a fine Canvas streiner, so  
drop it into the eys with A fether, morning  
and evenings; you may do well to sleep  
An hovr or 2 affter it

The Eye Salue

To one ounce of Lapis Caliminaris, take  
2 ounces lapis tutia, burn *the* tutia in  
fier, and quench it with plantain or  
Rose watter 3 times, then pound it very  
smale allso *the* Callin=minaris, and serce  
it thro afine serce and mix it with Capons  
grease, and anoynt *the* eyelids with it keeping  
fast the eye

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The Copperas watter for the Eyes

Take as much as A Large nuttmeg of white  
Copperas and pound it and put into A  
quart of spring watter, so Lett it disolue  
24 hours, stop it vp Close and kepe it for  
your vse, tis good for aney hott Rumes: in  
the eye drop it into the eye, and for  
A perle you must pound white sugar  
Candy and serce it very fine as flower,  
and so blow it thro a quill into the  
Eye 2 or 3 times A day

The powder of hawthorns or hables  
Burys is good for the Stone, allso is sampier  
watter

A Posett for the stone or Chollick

Turn A posett with white wine and boyle  
in it, of parsley Roots, and fennill Roots: Each  
A handfull, taking out the peth of them  
allso A handfull of pillitory of the wall,  
and A handfull of philipendella, and  
half A pound of Reasons of the sun stoned,  
and some broad figs,

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A drink to Preuent and Likewise to Cure  
The Plague

Take 3 pints of mallagoe sack or for want  
of <sup>it</sup> good, muskadine, boile therein one han  
=full of sage, one handfull of Rew, A Little  
shrid, till one pinte be wasted then straine  
it, and set ouer the fire again puting there  
to; ~~one~~ the 3<sup>d</sup> part of an ounce of Long Pepp=  
=er the like of ginger, A quarter of an ounce  
of nutmegs all beaten together, then lett  
it boile agen a little, this done dissolue  
in A=quarter of A pinte of strong Ang=  
=ollicoe watter, or aquauite, on ounce of  
methradate, a quarter or an ounce of  
venis treacle, and two peniworth, tragle  
And mingle them all together, and keep  
them in A glass Close stoped, take it war=  
=me both mornings and euenings if you be  
Already infected, if not once a day is suff=  
=icient all the plague time take 2 or 3 or 4  
Spoonfulls of it, and trust to this recept  
saith the auther for there was neuer man  
woman nor Chilod deceaued with this drink  
if the Heart wear: not mortafied befor, it is

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is good alsoe for the small pox meassels  
surfits and diuers other disseaes

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For the Bitt of A mad dog,

Take A quantity of veruaine, so much  
Rew, so much plantaine, to sum treake  
stamp all these together with good wine  
or strong Ale, and giue it to him that  
is bitten to drink, also take the Afore=  
said herbs with treacle, and bay salt  
And stamp them well togeth and  
bind it fast to the place bitten, and it  
will draw out the venum, this  
drink must be taken twice or three  
times and the medicene in the <sup>like</sup> Cause  
As ofen aplied, B Dr wood

A most pretious watter

Take gallingall, Cloues, ~~quish~~ <sup>quibibis</sup> ginger,  
milillot, Cardimonum, mace nutmegs,  
of each A dram, and mingle all these,  
made into fine pouder with 8 ounces  
of the iuce of sallendine with A pinte  
of A quantity and 3 pints of good white  
wine and put all these into A still  
=atory of glase, still it with an easy fire,=

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The vertues of this watter

This watter is of soe secret a nature as it  
dissolueth the Longues without aney greiuanc<sup>e</sup>  
And the same Longues being wounded and  
Perisheth it mightily comforteth, it: <sup>suffereth</sup> not the blood  
to putrifie, soe that almost one shall not need  
to be let blood, this watter suffereth not the  
Heart to be brent, not malencholy, not phl=  
=eame to be lift vp to haue dominion Aboue  
nature, it exples rume mightily, and comforts the  
stomack marvuelously, it conceiveth youth, in  
its own estate, and engendreth A good Coller &  
keepeth and Comforteth the memorie, and dis=  
=troyeth the palsey, and if the same watter,  
Artifitiall there is none better, in sumer, vse  
it once A week fasting, two spoonfulls and  
fast 2 houers after, probatom,

To draw out A thorne

Take the barke of A hautherne, and stamp it  
and boile it in Red wine and Lay it to the  
sore as hot as you Can suffer it probatum

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An Excelent medicine to bring Away  
the stone in A violent fitt

Take A Handfull of the Cloues of garlick  
boile them till they be Like A pultis then  
Aplye it as hot as you can well suffer it,  
Take of praped woodlice 2 drams, red  
corall prepaed and made <sup>^ fine</sup> piney roots, of  
each one drame, salt of Amber one scruple  
with a sufficient quantity of ballsamick  
syrup; make 10 pills of a drame; take 4  
Euery morning and drink after them  
half A pinte of Asses milke and att fiue  
of the Clock in the afternoone, and drink  
after them A draught of the following  
diett drink

Take China root 2 ounces, Larzaparilla 6  
ounces, sage leaues, ground piney, ground  
iuey, of each 2 handfulls, yellow sanders  
6 drames, rosemary stalks 2 ounces; rosemary  
flowers and Arabian staches of each two  
pugills, Corinder and sweet fennell seed of  
each half an ounce, infuse them 16 houres  
in ten pintes of fair watter, and boile  
them to 6, att the Latter end of boiling: add  
one ounce of Liquorish. Cut in thin slices  
strain it through A fine Cloth and drink  
itt as your ordinary drinke  
Aproued on by me F: w: att Hinnam  
1689.

*this receipt ffor a rumatisme by Dr starr*

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for a Coff or rume

Take 2 ounces of the pulpe of Reasons of the  
sunne, 2 ounces of Consarue of Roses 2 ounces  
of Surrup of viletts, one ounce of white  
shugar Candy, 4 dropes of spirit of svlfer  
so mix it and take 3 times A day the bignes  
of A nuttmeg

## A Fattening Broeth

Take a knvccle of veale and A Chick wash them and put them into A pipking with as mvch watter as will couer them, as it boiles scvm it Clean, then putt in a good handfull of hearts horn a handfull of maiden hear A quarter of an ounce of China roots sliced thine, A hansome quantity of french bar=  
=ly a good quantity of Liquorish scrapt or boile all thes together 8 houers but not fast till it Comes to 3 pints then bruse the meat and strain it through A siue and so pvtt it into a gally pott, drinke of it halfe apinte in A morning and as much att 4 a Clock in the afternoone and as mvch when you goe to bed

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## Plaisters For A Cold mrs Langlys

Take A peece of scarlett stuff cut in the shape of a stomager spre<sup>a</sup>d it with this mixt 2 penyworth of orring flower, butter, the like of methridate spirit of saforin, spirit of Cloues, and spirit of mint, as much as you think fitt spraed all on the Cloth and putt it to your stomach

## For fine biskitts

Take A pound of duple refined svger finely poudred and search it take 12 new Laid eggs and beat them in an earthen pan keep back 8 of the whits, and beat the whits a Little together then put in your pound of sugar, and 3 spounfulls of rose watter, 3 blades of mase finely shred with a knife; beat these together on houer, then drey 3 quarters of a pound of fine flower and put it into it as tis going into the ouen stir it together ^ half an Houer  
~~And halfe~~ (your plates with A Little butter=  
=ed) put one spunfull vpon every plate set them into the ouen a quarter of an houer will bake them then take them out of the ouen and take them of the plates about half an houer, sett them in againe to

dray, and let them stand on ouer baken  
keep them in A dry plase.

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The Lady Allins watter from Dett How

Take of leaues of rosemary, ~~Ru~~ Rue, balm  
Cardus, Scordium, marigoolds, with thier flowers  
dragons, goats, rve, mint of each 2 handfulls, the  
Roots of piony Angelica, masterwort, scorzoner<sup>a</sup>  
or sea holly, of each 4 ounces, virginia snake  
roots ~~being cutt and sh~~ on ounce, of saffron  
half an ounce, the hearbs, and roots being  
Cutt and sliced, power on them 2 gallons of  
Rain watter, and one gallon of the best bra=  
=ndy, Infuse them 12 hours and distill them  
with an easie fier, to each pint of the  
distill liquor put one ounce and half  
duble refined svgar

A Mallows Pultis mrs Rolle

Mallows boiled in milk and thickned with  
flower moistned with oyle of elder or roses,  
very good for A sore brest if broke, and  
the led plaister to desolve it if not broke  
I'm tould that the sea Holly is iringo roots

Lady Christiane Rolles Snaile watter

Take 300 of great house snailes as you  
bruse them throw them into a basin of faire  
watter and so lett them purge a quarter of  
an houre, then Chaing them into A fresh

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fresh basin of faire watter once or twice  
till all the frothy slime be gon, then take  
4 quarts of red cows milk and put thear=  
=in a Large handfull of speare mint well  
washed, and lett it boile once vp, then put  
in your snailes shels on, and lett it boile  
once more then put it all into a Cold  
still, and distill it with A gentle fiere,  
when tiss stilled sweetn it with brown  
sugar Candy to your own Liking. ~~the~~  
the patient must take 4 spoonfulls  
about 4 in the affternoon, 4 att night

going to bed, and 4 in the morning when  
they Awake

Buttermilk watter to wash the face

take half A peck of house snailes,  
Half A peck of bean blosomes, half an  
ounce of white svgar Candy, half A=  
=pound of Reasons of the Svn stoned  
3 quarts of butter milke, pound all these  
severally and put it to the butter:milk and  
still it in A Cold still, taking of the head  
And sturing it often, it must not ~~be~~  
burne you may still 2 quarts befor  
it be too dry

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Svrfett watter, Good allso for Colds Mrs Kendalls  
Take 4 Gallons of nance Brandy, put to it A  
Bushell of the flowers of Red poppys, and Lett them  
Lye in it 2 or 3 days then strain it out, and put  
to Every gallon, A pound of broad figgs, two ounces  
of Annisseeds, two ounces of Cardimvm<sup>s</sup>, and 3 ounces  
of Liquorish, brvsing the seeds, it must be pvtt  
into A smalle vessell to enfuse, two monthes,  
Stoped Close, shaking it twice A day then streine  
it out, thear mvst allso be A shillings worth of  
Safforne added to the other ingredients, 6 spoo=  
=nfulls is enough for A man or woman in A extre=  
=me Cold, with sune venice treackle about the  
Bigness of A beane,

For A Scald

Take hen dvng and boile it in fresh butter and  
Anoint the ssore, if bladered pvtt hearts tonguvs  
Leaues on it

To Stope bleeding

Take Hogs dvng hott and pvtt att the top of the  
nose between the eyes,

A present Remidy for the Collick

A sa<sup>a</sup>ck glister with mitheridate in itt

## A Prisent Remiedy for A Squinsy

Take the dust of A sword grinders forge and  
pvtt it on a cloth pritty thick so aply it to the  
throat,

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## The Receipt for the Riccotts

Take Speedwell, Liverwort, dandilyon, hearts  
=tongve leaves, of each A handfull, Pennyra=  
=yall half A handfull; strawbery and violett  
Leaues of each two aquarter of A pound; 2 or 3  
pints of strong Leaves of Lovage, boyle all  
these in 3 Pints of strong Ale, vntell one  
pint is Consumed, straine it, and sweetten it  
with sygar of Candy, the Child mvst take  
4 or 5 spoonfulls morning and affternoon  
or more according as it purges, which must  
be 2 or 3 times A day

### The oyntment

Take *the* Like quantity of these hearbs with  
Red Sage and fennell 3 springs and boyle  
them in fresh butter, anoynt the back  
and joynts downwards  
For A Rvmatismes or Soar Eyes of aney  
other Scurbutak humour  
Take from of your millipeides or sowlice,  
to 60: increasing one at A time, morning and  
affertnoon, alliue in Rost Aple or Surip,  
and from 60 to 7 again, decreasing one att  
A time probatem

## A good Recept for the Seceetick

The marow of the stone horses bones,  
melted vp and Anoint the Place

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## the drink for A Coff

Take a handfull of Cvp moss, of an oake  
pale, or tree, a handfull of the tops of Rosma=  
=rey, half an ounce of Liquoris sliced, boyle  
all these in spring watter from 3 pintts  
to a quart, straine it and sweeten it  
with sugar Candy, 2 spoonfulls att A time



4 or 5 times A day,

For A Coff

A tee made of mother time mrs Chickisters,

A Good wash

Find A Root of brioney, scoop ovtt the inside,  
and stape it Close and in some days yould  
find A watter, which is good for A monfie  
in the face, white anquintom with Cam=  
=fier in it for A tetter and A Cordiall at  
night the same time you vse it

A Receipt of A Sylabub

The iuce of 3 Lemons, and 5 or 6 spoonfulls of  
Cannary, A quarter of a pound of Loaf sugar  
And 4 or 5 grains of ambergeece and mvsk powd=  
=red very smale, one nutmeg grated, mix all these  
together in A bason, sett on the grownd, then take  
A quart or 3 pints of raw Cream and pvt it into  
A yewer, and stand on A table, and so power it dow<sup>n</sup>  
into the bason, after you haue don this you mvst  
beat it as you do snow, and as the bubbles rise you  
mvst take them of into the dish you serve them in

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A Good Remedy <sup>for</sup> the Choleik, or Gripes  
when Svdenly taken

Take A handfull of sweet maioram pound  
it and strein it into warm Ale and drink it  
as hott as you Can and Lye in bed an hour  
After it, very warme Couerd and it will giue  
ease in A short time,

An admirable Receipt for the stone  
or any stopedg in the watter

Take Green Sampier still it in A Cold  
still, and drink the watter of it, as offt as  
thear is Accassion

To Coller Pig,

Bone it and lett it lye in watter and salt  
12 hours then, role it vp hard, strwing  
sweet spice finly beaten; and boyle it in  
A Cloth pvt some milk in the boyling it  
and when tis boyld A enough, put it hott into  
some whea and lett it lye 2 days then pvtt  
into such pickle as you vse for brawn, you  
may pvtt marioram, lemon time, and parsley  
Cvtt small with your spice

To make Corant wine

☞ when your Corance befull ripe bruse them  
and to every gallon pvtt 3 pints of watter then  
stur it together lett it stand all night and  
prese them, to every gallon of liquor ad 2<sup>li</sup>  
of sugar and then pvtt it into a vessell and  
lett it worke till it giues ouer yest a peaper  
and pvtt vpon it for aweek and then stop it  
vp very Close, lett it stand 3 months if Clear *then*  
bottle it, pvtt a knobe of sugar in euery bottle, so  
you may make goosbery wine, pvting 3<sup>li</sup> sugar to a gallon  
To make rasbery wine

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Morrella wine

Lett your Cherrys be very Ripe, and pvtt them  
into A bage prese them well but not brack  
the stoones, to every gallon of iuce pvtt 2 pound  
and a halfe of svgar then pvtt it into the vesell  
and let it stand 4 or 5 days, then stop it vp, and  
lett it stand 2 or 3 month; then bottle it out and  
pvtt into every bottle a little peise of lofe sugar

Aprecocke wine

Take A pound and halfe of loafe suar, 3 pintts of  
watter put these ouear the fier till they boyle  
sc<sup>u</sup>me it clean then take 3 pound of aprecocks  
peared and stooned pvtt them into the licker  
and lett them boyle till thay ar tender then  
take out the aprecookes and ~~them~~ dry them  
and when, your liquor <sup>^ is cold</sup> pvtt itt into a vesell  
and stop it vp if you pvtt A sprige of flowered

Clarrie into it and Caus it to boyle once after  
you haue taken out your fruet it giues it A  
Pretty flauor when it is Clear bottle it

To make A white pott

Take 7 eggs whittes and all, and beat well  
with a little milk and half a spoonfull of  
flower and nutmeg grated, then pvtt it  
into new milk in your dish, with halfe  
A dosen bitts of fresh butter and lett it  
bake halfe an hovr

A Receipt to make Rose of Solis, mrs beausis

Take one pound of rose of solis, 2 quarts of  
sherry halfe a pints of cloue watter, one pint  
of annyseeds watter, cloues anniseeds=

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22 a a  
anniseed, cinnaman of each A quarter of an  
ounce of Carraway seeds and Coriander of  
each an ounce distill it in A Cold still  
And add to each quart of Liquor A  
quarter of A pound of dvble refined svgar

The melancholly watter good for  
trembling of the Heart

Take A handfull of ba<sup>u</sup>m, a h<sup>a</sup>ndfull of  
rosmrey blosam, (or the tops) A handfull  
of burrige, A handfull of buglass, A  
handfull of marygoolds, the flowers  
of each, and A handfull of hearts  
ease flowers, or paneys, 3 penyworth  
of saffron, lett it lye all night in 2  
quarts of Claritt, so distill it in A  
Colld still, putt treble refined svgar  
in the botteles; to sweeten it to your  
tast, then add some of the veluett  
heads of the bucks, if in season Chop=  
=ed in bitts with A bottle of ould  
Mallagoe sacke

For A Burn of Scald

Take one pint of sweet oyle, 5 heads

of house leeks p<sup>o</sup>und them, and strein out  
the iuce, pvt <sup>into</sup> ~~inter~~ the iuce ~~in~~ <sup>to</sup> one ounce  
of bees wax half an ounce <sup>of</sup> b<sup>u</sup>rn<sup>t</sup> allam  
pvt it into A new pipkin and lett it  
simer ouer a slow fier halfe an hour,  
then beat it well together till it be  
Cold, then keep it Close stoped for you us<sup>e</sup>

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23  
vse the longer it is kept. the better it will be,  
spread the salue on thin phyl:tery paper be su<sup>r</sup>e  
no lin<sup>n</sup>en comes to the soar, the oftener you aply  
it to the <sup>^</sup>soar better, you must wash the soar once  
A day with milk and butter warme,

The Receipt for A Consumptive Coff, mrs haines

Take of time, rosmaery, hysop, orgns, Coltsfoot  
and bittoney of each one handfull, of hartshor<sup>n</sup>  
and french barley of each one ounce a peny=  
worth of inglish liquorish, a penyworth of  
Broad figs, A quarter of a pound of reasones  
of the son stoned, 6 pipkins; boyle all these  
in 6 quarts of runing watter, till half be con=  
=sumed, strein it, add to it a quarter of a pound  
of brown sugar Candy, 3 penyworth of the oyle  
of anniseeds, drink of it A quarter of a pintt  
every morning and evening blood warm

To make iumballs, mrs hains

Take two pound of fine flower, A pound  
and half of good shugar, both dried in an  
ouen, the shugar must be made very fine,  
6 eggs but the whittes of 3 of them, 6 spoonfull<sup>s</sup>  
of thick Creame, and as much rose watter or  
orange flower watter, the quantity of an egge  
of sweet butter, mingle these together to stiff  
past, work it a broad & put in either caraway or  
coriander seeds, musk or ambergreese & make them, ~~into~~  
into roles & put on papers well flowrd, & bake  
them after the first heat of the ouen is gon  
or affter you haue baked bread

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a receipt for *the* pitisick or shortness of  
Breath called otherwise an Astmah=*tik* Lady Putnam

Take

Take of mayden hysop, mayden hair and  
organ, of Each one handfull, or raysons  
of the sun stoed, a quarter of a pound of  
saffron, lycoreish Anniseeds of Each one  
penyworth, boyle all these in an Ale  
quarte of fair watter vntill halfe  
is Consumed, then streyne it out and  
sweeten it with brown sugar Candy,

A Good Receipt for a perle of fl'm in  
the Eye

Take the white of Hens dung picked  
very Carfully of from the other part, it  
will Com to A fine powder, then mix it  
with white Sugar Candy made into fine  
powder, and blow it into the Eye, it will  
take of the perle in A short time, mrs Chichesters

To Dry Cherrys

Take cherrys and stone them, and keep  
the Liquor of them, and put them into  
A skillett with out watter, to twenty pound  
of Cherrys put to pound of sugar and soe heat  
them, but not boile them, this done put  
them into an ouen, on A siue and dry them

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To make Red Pouder mrs Rolle : Hanten

Take Take A quart of whit wine, and half A=  
=handfull of each of these Herbs, Rosmary,  
Baum, woormwood, meegwort, Cardus dragon<sup>s</sup>,  
southernwood, Rue, Cammomill, Scabious, Sena=  
=cle, bittony, Hartstongue, wild=Sage, time,  
Burdock roots, Louage, Ladys thistle, salendin,  
wallflower leaus, or single harts ease, mint,  
penyroyle, tamarik, burrige, Angelicoe,  
Cow flops or finger Dock, blouth, Red netles,  
brooklime, boys loue, fetherfew, Chop these  
very smale and steep in the wine 3 days,  
Close Couerd, then press out the iuice very

dry and bottle itt vp, then take A pound  
of fine bold Allmanack and put itt into  
A broad basin, and wett it with the iuice  
as thick as pap, so sett it in the sun, stiring  
it 3 times a day, and as it drys put in more  
Liquor, till itt is all vsed, then mingle all th<sup>e</sup>se  
things following on A sheet of paper or A  
pye plate; 2 ounces of London treacle, 2 ounce<sup>s</sup>  
of diescordum, 2 ounces of metheradate, 4  
ounces <sup>^</sup>of all cermis, 2 ounces of the black tips of  
of Crabs Claws, finly pouderd, 2 drams of  
snakroot, one dram of orientiall bezor,  
one dram of Corill, one dram of whitt  
amber, all in fine powder, so mix it in=

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26  
in the Basin mingled well together with  
A spoon, then sett it in the sun to dry, and  
when it will make vp into balls or Caks,  
Rub your hand with bole allmanack and  
Put it on A sheet of tin or Paper, sifting  
some of the bole allmanack on it then put  
it into A stoue to dry, keep it in A dry place,  
it will not scrape into powder as other dos,  
But slice it out, it must be made in may,  
you may add A quarter of A handfull of  
Countre<sup>a</sup>rua<sup>root</sup>, to this Receip in the first mix=  
=ture, this powder is good in the smale pox,  
milignant feuors, or any other, or great  
Colds, or when any humour stricks in, or  
for an ague, 20 grains is Enough for A man  
or woman, and Less for younger, it must  
be took in some of these watters, Baum,  
dragon, Cardus or Angelicoe, so sweet on itt

### My Lady Kents Powder

Take of whi<sup>t</sup>e amber, Perl, Red Corrill,  
Crabs Eys, and Heartshorn, all Rightly  
prepared in fine powder, one ounce of  
each, the black tips of Crabs Claws when=

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27  
when the sun is in Cancer, fiue ounces  
in fine powder, the trachies of vipers, A=  
=quarter of an ounce, safron 20 grains, of  
Countre<sup>a</sup>rua and Serpentin roots of Each  
A quarter of an ounce in fine powder, of  
orientall beazer: 2 drams in powder, then

mix all these powders well together and make it up in balls or Cakes, with a gelly made with the skins of vipers, on Angelicoe dragon or Cardus watters, this powders will keep its vertue 40 years, giue to A man or woman 26 grains, to A Child 16, it is good in all feurs smale pox, or measells, sweat As Long as you think fitt affter it itt may be taken in Child beds

#### A Receipt for A Pluresce mrs Rolle

Take A smale handfull of green Broom, boyle it in a quart of Ale, till it Coms to A pint then strein it and add to it A penyworth of metheradate and the Like of diascordum, dis=  
=olu<sup>e</sup> d in it, and giue as hott as it Can be took and sweat well after it, giue halfe one day and half the next day, if A Child halfe the *quantity*

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#### To Dry Apricocks

Take A pound of apricocks and put them into A skillett of watter vntill they boyle, after they are skined, put them into the watter againe till they are very soft then take A pint of watter to a pound of shugar, sett it ouer the fier till it be very hott but not boyle; then put in your Apricoks into this surip and heat them twice A day morni=  
=ng and euening till they Candy at the tope, then put them into the A stoue to dry

#### To Dry Cherrys

Take Cherrys and stone them and keep the liquor of them and then put them into A skillett with out watter, to 20 pound of Cherrys, put 2 pound of shgar and soe heat them, but <sup>^</sup>not boyle them, this done put them into A stoue to dry

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## A Receipt to make Ebellum

Take A bushell of Elder berrys full ripe  
 pick them Cleane from the stems, two one  
 Hogshed of ale, you may make your Ale  
 so strong as you please, take of nutmegs,  
 Cloues, mace, and ginger 4<sup>d</sup> ounces, pound them  
 and if you please you may put halfe  
 A pound of iunipar berrys, half pound=  
 =ed, put in this ingreedients with your  
 hops which must be no more then vsual  
 you put in your Plain Ale, Boyle them  
 A full houre then straine it throw A  
 fine strainer and very drey, and afterwa=  
 =rds for working and tuning order it as you  
 doe your other Ale when it is fine, before  
 it is stale bottell it which is vsually a litt=  
 =ell before Crismass, after you haue brew=  
 =ed A hogshed of strong you may of the  
 same malt brew A hogshed of small, vsing  
 the forementioned ingredients and order  
 it according

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## To Preserue damsons

Take a pound of damsons, and a pound of  
 sugar, put allmost half the shugar into  
 the botton of A preseruing pan, then set  
 your damsons there on, one by one, and put  
 the Rest of the shugar on them, then put  
 4 spoonfulls ^ of watter on the shugar, In the afternoon  
 set them ouer a few hott Embers, Renewing  
 your Embers 2 or 3 times before night, and  
 moue your sugar once with your finger from  
 the bottom the ~~Bottom~~ pan, unless it burne  
 to the bottom, so Lett them stand, till next  
 morning, then boyle them softly about  
 An hour, till you preceue the surip to  
 be ielly then take them vp in A pursline  
 or A Chiny dish and when they are Cold  
 Put them up in glaces with your surip

## A Receipt for a surfit Loossnes or vomiting

Take A pint of whit wine or in Case none  
 to be had sider, A pint of faire watter boyl  
 in it 5 tops of Rue, A handfull of Red Sage



being A Littell Cut, boyl it till halfe be  
wasted, then stain it and sweeten it with  
syrup of illy flowers or Loofe sugar, Lett=

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= Lett the party drink halfe of it going to bed  
as hott as itt Can be tooke and swet a Little, *the*  
other part take the next morning, but not  
swet, if one making dos not stop it make it  
2 or 3 times, this has done good for A flux  
and vomiting offten times when it has been  
Apon them A Longtime,

#### An Excellent Cure for inward bleeding

Take 3 quarters of A pint of black cows  
milk, desolve in it: 4: <sup>or</sup> : 5 good spoonfull of  
the iues of Red nettells and A good spoon=  
=full of sugar of Rosis, so drink it for 3  
weeks or A month Euery morning fasting  
and 3 times in A week take the bignis of  
A nutmeg of Luckentellus balsome going  
to Bed

#### To make Pille Rufey

Take of aloes 2 ounces, mynt one ounce;  
safron halfe an ounce, all in fine powd=  
=er mix them well together and put it in  
A brass or stone mortar and put to it  
about 2 spoonfulls of syrup of lemons  
or the iues and mingle it with the pes=  
=ell till it is Like past, so take it out  
and put it into a pees of A blader so=

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=so worth it Close till noe hole in it if  
you make this quantity at once deuide  
it in 2 beaus bladers that the vertue  
may not lost when opend, if 2 spoonfulls  
of iues or syrup dos not make it thin  
Enuf put in as you think fit but be=  
=Carfull it be not to soft but as stif as  
new pills so ty t very Close vp and put  
it in Papers

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A very Good Purging porcion for  
Scuruy or any Swellings or breking  
33 out

Take of the best Ruborb halfe an ounce<sup>e</sup>  
of tamarinds 2 drams, salt of tartar  
one drame infuse it the Ruburb being  
Slist thin in halfe A pint of whit=  
=wine Close stopt on hot Embers one  
night, then streain it and add to  
it 2 ounces of syrup of damiske  
Roses so giue it to drink it being A  
Little warm, and take broth posseet  
or gruall in the working, keep you<sup>r</sup>  
selfe warme

A Purging drink for Any pains in the  
Head or Stomik

Put into 3 pints of spring watter a pees  
of Rubord as big as A french nut being  
slist thine, A handfull of resons of  
the sun stond, A pees of Liquirish as  
big as A french nut your finger and  
twis as Long Sliced thine, a spoonfull  
of anyseeds brused, A root of march  
malows if you can haue it, scrap and  
slices it, Let all boyl together the space

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34  
=space of A quarter of an houer or  
A Little more, then take it of and ade  
to it as much Senney as you Can grasp  
in one hand, Lett it boyl vp once or twis  
then strain it out, and sweeten it with  
the brownest shugar, or syrup of roses  
and drops into it 4 or 5 drops of spirit  
of vitroll soe bottle it vp Close, And  
giue to A boy or girle 4 or 5 spoon=  
=fulls A Little warmed mornings fast=  
=ing for A week, or ten days together,  
if that quantity dont giue 4 or 5 stools  
A day, giue A Little more, if for men  
or wimen, giue as much more, affter  
all is took giue them a Little vinas =  
=treckell in A Spoonfull of malago  
sack going to bed

A Purge for Scabed bodys pain in the  
guts, Scuruy, Sweld or runing legs, or Els wher<sup>a</sup>

For A strong man giue 4 score grains  
of *the* powder of jolup, and as much powder  
of ginger as will ly on sixpenc, which  
keeps it from griping take it in A spoon=  
full of poset or gruall keep uery

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=very warm and drink som in the working  
giue it once a week, if very much humer,  
or Elce, one or two days in a week for 2  
month as they are able to bear it, if A  
woman but 3 score grains, for A boy or  
garle of 12 or 14 years old, 40 grains for  
yo<sup>u</sup>nger, 20 grains, put a little ginger allways  
with it, and for sore and runing humers  
and the scuruy let this be your Constant  
drink, put A pound of yalow dock roots  
scrypt Clene and Sliest in 3 glon's <sup>Gallons</sup> of bear  
after it has don working in the barill,  
at 4 days old drink it and no othear, it  
ought to giue 2 or 3 motions A day, it sweet=  
=ens *the* bloud

The Bitter draught mrs Rolle

Take of Sena 2 drams in<sup>e</sup>tion roots 2 dram<sup>s</sup>  
Cardus, Centiry tops Egrimony, of Each, half  
a hndfull, and 2 spoonfulls of Camomill=  
=flowers, ~~Infuse~~ <sup>Infuse</sup> these 24 hours in 2 quarts  
of table beer and <sup>^ one</sup> of Ale ~~in warm~~ <sup>in warm</sup> =Embers  
strien it out and drink of it fasting in  
the morning, and at 4 in the affternoon A  
quarter of a pint, for men or women add  
a duple quantity of euery thing

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An admerall Reecipt for the kings  
Euill

Take the herbe called herbe Robert, and  
~~smalidge~~ smaldig <sup>^ or</sup> march, Elder Leuas, fumitory,  
dead mans hand, dry them all by them  
seelues, keep it in powder Each by it self  
then mingle an Eqall quantidy of each

and put 2 spoonfulls of it in A quart  
of Ale and boyle it till a 3<sup>d</sup> part be was=  
=ted then lett the party drink it at 4  
times, once A day: it will purg them; then  
Rest A fortnight, so take it againe, so do  
this offten till the party is cured, this has  
don good when all other midicens has faild,  
and persons giuen ouer, tis good in all sharp  
humours or salt, if Childreen A less quantidy  
only so much of the Liquer as will purge  
them 3 or 4 times a day, the herbes must  
be quicck dried in an ouen

#### A Receipt for the Cholick

vomitt the party with Cardus positt, 10 quarts  
or as much as their strength will allow  
and the last draught to be alittle war=  
=mer then the rest, which if it dos not  
Cause A stoole then giue A glister,

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Purging Elexer of Petters Tintre, *Doctor* Lower  
Take of the best Senna 5 ounces, Rhuburbe  
one ounce, Rootts of Elicompaine, Liqueorish  
anniseeds, Coriander seeds, saw dust of Lignam=  
=uita; of each 2 ounces; raisons of the sun  
stoned A pound and halfe, slice the rhuburbe  
Elicaompaine and Liqueorish very thin, beat the  
seeds grosly, mix all the ingridients to gether  
put them in A glass vesell of A suifficent big=  
=ness and powr to it 3 quarts of aquauita, so  
stir it to gether, and stop the glass very Close  
and shake it once a day for A fortnight then  
strein of the tincture into A quart bottles  
stopping it very close for your vse, the ver=  
tues are printed in petters book, but it is  
good in all Chollicks, or scowering and vomitt  
=ing, 5 or 6 spoonfullos, according to the bigniss  
of the Child or man, press it out as dry as  
you Can, How to make your aquavity,  
distill your cider or lees in a limbeck or A  
woorm, take the strongest of that and distill  
it again with aniseeds

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#### Peach Stones Powderd

Is very good taken About as much as Leis

on A Shilling, for aney Stitches or pains  
in their Limbs offten Repetted in a day  
if the pain dos not Remoue

#### A Reecipt for the vapors

Cut A pigepm om two peeces iust as tis  
killed ..... place  
it will draw ..... allso  
a plaister to the belly of barrill pitch,

#### A Reecipt For Any Ague

Take the quantity of A nutmeg of veneis tr<sup>e</sup>akle<sup>ll</sup>  
the same of metradat, the same of diascordum  
mix it well together and deuide it into 3  
parts and take one parte of it an hour  
before the fit Coms, and go to bed and  
sweet for an houre or 2 so take the  
other 2 parts before the fit in the same  
maner as the furst, taking but one part  
at a time be shouer to take it in time before  
the fit Coms and be in A swet, this has  
Cured maney

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To fetch out any fier or scall in the Eye

Take the white of a new Laid Egg and beat  
it till it Coms to a pure oyl, then to Euery  
spoonfull of oyl, ade one spoonfull of meat  
oyl, one spoonfull of huney so mix it well  
together scrape some fine Lint and dip in  
it so Lay it all ouer the Eye Chaing it 3 or 4  
A day bind it on fast

For Any great bruse or blow in the Eye

Boyl some Camamill in faire watter till  
it is very tender then wring it dry and bind  
it to the Eye Chaing it ones A day, for want  
of Camamill allum poset Crud will doe as we<sup>ll</sup>

For the Griping in the Gutts

Take A new Laid Egg and open the top

and put out all the whit as Clene as you  
Can, then, fill vp the Egg with brandy and  
mix it together and Lett the party sup it  
all vp and Ly down on the bed and Couerd  
vp warme,

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To make mead, Lady westmorland

Take 6 gallons of watter and sweeteen  
it with good fine hony till it be very  
sweet to your tast, then put into it A  
handfull of sweet bryer topps, halfe  
an ounce of Cinamon 3 nutmegs quartered,  
and A handfull of Rosemary or the flowers  
boyle this togeather vntill the scum rise  
and the things giue a good tast, then set  
it by the <sup>to</sup> Cooles and when it is quite Could,  
put A Little barm to it, so Lett it stand till  
the next day then run it thorough a fine  
seiuie and tun it vp and Let it stand A  
fortnight before it be bottled if you Can  
gitt oringe flowers put ahandfull in with  
the other things or oringe flower watter

A Glister good in A fitt of the Stone

Take of mallow Leaues, Camamell flowers  
one handfull, of Caraway seeds, fennell seed  
bruised of each one ounce, boyl these in A  
quart of watter till it Coms to A pint, then  
straine out a pint of the decoction and  
add to it an ounce and half of venice =  
=turpentine dissolued with the yolke of  
an Egg, Surup of violatts 2 ounces, of Lenitiue  
Electuary and A Spoonfull of oyl of scor=  
pions and A spoonfull of Course Sugar mix  
all for a glyster to be vsed once or twice

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twice in A day if need require it, dissolue  
the turpentine thus, put the yolke of the egg  
into a stone mortar put the turpentine in vpon  
the yolke stirr them both about with the  
pessle till they are incorporated, to this put  
in the syrup of viletts and stir it till they in=  
=corporate then put in the Electuary and after  
they are stired well together then put in the  
oyle of Scorpions, and stir them again, lastly

put in the shugar and then put in the pint  
of decoction, and when all is well stired it is  
fit for vse

A Surip for A consumption to preserue the  
Longs and heale them if vnsound

Take Coltsfoot, maidenhair, Liuerwort, Cen=  
=tery, heartstongue, Lungwort, spleenwort,  
of Euery one of these a good handfull, and  
allmost a handfull of Ellecompane roots  
thin scliced, mary goold flowers, Couslip  
flowers, borage and buglass flowers, of Euery  
one of these half a handfull A Little Liquor=  
=ish thin sliced: 2 spoonfulls of anisseeds, A  
good handfull of reasons of the sun stond,  
half as many figs sclic'd, put all these into  
a gallon of watter in A pipken, lett them stand  
all night vpon the Embers; in the morning  
sett it vpon A soft fier Clo<sup>se</sup> Couerd, vntill  
one 3<sup>d</sup> be boyld away, then strein it thro  
a thick Cloth and lett it settle, and do it so  
2 or 3 times, then power it from the =

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=the settling And put to it half a pint  
of Hysop watter and A quarter of a pint  
of *the* iuce of backed turnips, then put  
A pound of sugar to a pint of liquor, then  
boyle it vp to aprity high surip, take A  
spoonfull of it first in A morning and  
last at night

To make *the* plague watter

Take Pillitory, Scabious, Tormentill, Fetherfew,  
Mugwort, Plaintin, Saxifrage, Solloman saile,  
Phillipendulla; woormwood, veruin, ~~Deall~~  
Dill; Eye bright, plaguewort, sage of Ieru=  
=salame Red ffenell, English madder, Ladys=  
=mantell, Rue, vnsett hisopp, Peny=royall,  
Cardus Dragon, Angelico, Red Sage, mild Sage  
broad time, sweet maioram, Rosmary, German=  
=der, Succory Endiue, ~~fun~~ fumottory, Bettony, *saint*=  
=iohns wort, Egrimony, wood sorill, hartstong=  
=eaues, liuerwort horseredish, Red mints, balm,  
borrage, speedwell, pempernell, wintor sauo=  
=ry, Buglop, Red popys, Colts foot, half a hand=  
=full of wormwood, and Rose of Solis, you  
are to take a pound of Each, sort of these

Except the wormwood, and put them into  
10 gaallons of sack, and 10 gallons of whit=  
wine

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=whit wine  
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And brew A bushell and half of Barly malt, and  
take the crop out of it and put ~~eno~~ hopps in it,  
nor boyl it, but as it first runs down, so you  
must lett it Cool and work it away and when  
it is well wrought cutt the herbs not very  
smale, and put all together, and when it has  
stood 5 days couered vp Close with an ounce  
of cloues and half a quarter of A pound of an=  
=niseeds put in brused when it is working, so  
distill it for your vse

*Doctor Steuen s watter*

Take Gingar Gallengall, Cinimam, nutmegs,  
Cloues, annisseeds, fennell seeds Caraway seed,  
of each of these 2 drams, take sage, mint  
rosmary, Camomill, maioram, and Lauender,  
of each an handfull, beat the spice sma<sup>le</sup>  
and bruse the hearbs smale, then put<sup>le</sup>  
all into a Gallon of Red wine and Lett  
them Infuse at night stir them offten  
And shake them still them in a limbick  
then sett it in the sun for a month, A=  
spoonfull at a time taken offten  
it is good for Every thing

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For the Eys <sup>Mrs Pointinton</sup>

Take the Iuce of House Leek, put it  
into an Egg shell make A hole in the top  
of the shell so lett out all the Egg then  
put in the Iuce and then sett it in  
the hot Embers till it boyl vp then take  
it of and strein it into A cup and lett  
it stand till it is Cold, then put it into  
A bottle for your vse, it will not keep  
aboue A week or 10 days good

For the fondiments going out

Take a bottell of Red wine, boyl in it



Plantin, ribwort, knot gras, Brus A=  
 =pastoris, of Each one handfull, let them  
 boyl well to ~~gether~~ the consuming all most  
 the watter; that don, put in as much of  
 Smith watter, and let them boyle again  
 vntill the consuming the 3<sup>d</sup> part, with A=  
 handfull of cunfrey, with as moch of the  
 rine of pomgranit, and 1 ounce of boyl armin=  
 =nack then Strein them from the rest  
 and bathe the part with it, and put it  
 vp with warm Clothes,

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#### Lord Pembrooks Balsam

Take one pound of venus turpentine,  
 3 pints of the best salad oyle, half a pou=  
 =nd of Liquod storax half a pound of bees=  
 =wax half a pint of *saint iohns* wort, 4 ounces  
 of the best naturall Ballsam, mummy 4 ounce<sup>s</sup>,  
 Dragons blood and Red sanders, of each two  
 ounces, these 3 pouders mummy, Dragons, blood  
 and sanders, must be finly powdred, take  
 the venus turpentine, and wash it with  
 half a pint of spring watter, wash the  
 sallard oyle with 8 pints of spring watter  
 your Liquod venis storix, wash with half A  
 pint of Red rose and Plantin watter togeth<sup>er</sup>  
 after all is washed seuerally, mingle them  
 together in the skillitt or what you boyle  
 them in, and beat them all together with  
 A wooden spittle, a quarter of an hour, then  
 put in the new wax cut fine and lett *them*  
 boyle a littel together, then add to it a qua=  
 =ntidy of these 6 herbes, each of them, a gras<sup>p</sup>  
 or littel handfull, Bay leaus, balm, time,  
 rosmary, *saint iohn s* wort, senacle, Balsam=  
 =trees cut them smale put them in and  
 lett them boyle a littill, ~~then~~ together=

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=together, stiring it still with the  
 wooden spittle, then take it of the  
 fier and lett it cool, and when it is cold  
 make A hole in the side and power out  
 all the watter very cleane, you m<sup>o</sup>st  
 hold it that it fall not into the watter  
 with a bord laid ouer the skillit, this  
 being don sett the skillitt ouer the fier,

half a quarter of an houer, then streine  
it thro a strong cloth that may be squee=  
=ed hard thro the hearbs, sett it ouer the  
fier again then shake in before it be  
hott these 3 pouders the mummy, *the* sanders,  
*the* Dragons blood, keeping it still stirring  
as thay are putting in, then lett it boyl  
till it rises up, and take it of an  
streine it twice thro a clean cloth to  
take away the pouder, throw the  
pouder away, that being don put it  
ouer the fier again and put in the  
oyl of *saint* iohns wort Indain Balsam,  
put it a littel ouer the fier and stir  
it, lett it boyle then take it of and put  
into your potts still stiring it with  
your spittle, so keep it Close couered  
for your vse, it is good for all outward  
of Inward wounds or bruises allso for  
A consumption, or cof or spetting=

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blood, take the bigness of a smale hasell  
nutt morning and night

A white Pott Lady Chrans

Take A quarte of cream, the yolks of 7 eggs  
well beatten, when the. cream boyls vp putt  
in the eggs, stir it as for custords with some  
Cynemon, a marrow bone cut into bitts as big as  
A ~~peice or steale~~ dyce or square its french bread with some of the  
crust cut of, cut in thin slicas, laid in the  
ouen or by the fire to dry hard, lay the brea<sup>d</sup>  
into the basen, with 4 little marrow boans,  
a little sugar & little bitts of Cynamen, half  
A dozen of dryed Cherrys, presarued Apricoks  
Cut into 6 peices, pouar in a little of the Cream  
then with A layr of this again, *then* pouar Cream  
again, and so till the basen is full, beesting  
cream is the best

A

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A Cake or puff Past mrs welliome

Take the whites of 3 eggs and beat them  
search out some flower very fine and put  
half A pinte of watter to the eggs &

beat them well together and wet the  
flower to a thickness to Raise a pye &  
work it well, then role it out long &  
as thin as a pye couer and take fresh  
butter, if non salt and wash it, <sup>or</sup> stake  
it with you finger the long way of  
the past till it is all couered with the  
butter and strew a little flower ouer it  
and role it vp, then role it out again  
the long ways as thin as twas befor and  
so butter it this most do 4 times  
you may put some sack or rose watter  
with the white of eggs you most not beat  
the eggs much befor you put the watter  
to them take out the treadings and when  
it is made role it a bout an Inch thick  
the same way still, so that it will searce  
be Exactly round but if it is not still kept  
the same way it will neuer rise you most  
prick it with a pin, and put it into the  
ouen for half an hour

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To make the Bitter Draught *Docter* Lower

Take a handfull of the tops of centery, two  
ounc<sup>es</sup> of Cardus seeds, 2 ounces of Iention roots, a good  
handfull Camomill flowers, boyled in faire  
watter till 2 quarts comes to 2 pints, or 3 pints  
so drink 7 or 8 spoonfulls mornings fasting  
for a week or 10 days you may add some Egrimon<sup>y</sup>  
the licke quantidy as of Centry to make it  
purging you must add senna or rhubarb, tis  
good for all sickness and paine in the stomac<sup>h</sup>  
of for the worms in Childreen, Probatem

A Receipt for the woorms *Doctor* Bidgood

Boyle in Spring watter, Coriline, Centery woorm=  
=seeds, Curents, Sorill, or Instead of sorill a little  
lemon sliced, and drink it in a morning fasting,  
about 2 or 3 spoonfulls at a time, purge the  
Children now and then with a little Rhubarb  
sliced in bear, and somtimes for Change 10 ~~days~~  
drops of Elixer propritis for a week or fortnigh<sup>t</sup>  
together  
Conserue of roses and woormseed brused ~~3 mornings~~  
as much as will lye on half a crown to the  
bigness of 3 walnuts of the conserue, taken

3 mornings fasting  
mrs Rolle

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wound watter *Doctor* Green  
good for Canker, scury, Hettar, or heats in *the* face  
& soar eys

Take coppres and camphir of each one ounce  
Calsined and finly beaten into pouder, very  
fine bolearminak 4 ounces beaten into  
pouder by its self very well, then mix it  
all together boyle 2 quarts of fair watter  
and when it is of the fire put 2 ounces  
of this pouder into it still keep it stirr=  
=ing till it is cold then put it into A  
bottle Close stoped for you vse, shake it  
befor you vse it keep the Cloth allways  
wett to the soar

Plague watter vpon watter <sup>mrs banots</sup>

Take of Dragoons, Cardus, woormwood, Rue, pim=  
=pernell, penyroyall, sweet masoram, Bame,  
mint, sage, hearts ears, mary goold flowers, An=  
=gelica, lauender flowers, Buridg, bugliss flowers  
of each 2 handfulls, 20 green walnuts shrid  
smalle, and disolued mitridate, venis treacle  
Diescordum, of each 2 drams, take as much  
watter as will couer all these ouer about  
5 or 6 Inches with 2 quarts of sack or whit  
wine, lett these Infuse 24 hours, so still it  
of in a limbeck till it begins to be sower,  
mix the first runing and last together and  
sweeten it with fine ~~sh~~ sugar

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Angelica watter

Take 2 Gallons of Brandy and one Gallon of  
white wine, a quarter of a pound of Coriande<sup>r</sup>  
seeds, and as much angelica as the wine  
will couer, so distill it for your vse

for An Ague

Take 6 spoonfulls of strong plague watter,

the yolks of an egg, and half a nutmeg sliced  
beat all well together, take it before the fitt  
proba=  
tom

com<sup>e</sup>s, if every other day take it twice, if the  
third day take it 3 times and if every day  
then take it but once, but A double Quantity

strong snail water for Agues

Take A peck of garden snails wash them  
shells and all very Clean, then dry them in  
a cloth and pound or break them small in  
a mortar and put them in a gallon of strong  
Ale, you adding to it 6 ounces of rasped harts=  
=horn, one ounce of nutmegs, one ounce of  
cinimon, all beat in grossly, half a pound of  
liquorish, so of Anniseeds, and lett all these  
steep Close stoped 24 hours, so distill it with A  
soft fire and keep it for your vse, it good for  
a pittite, sweeten breath, & move an<sup>e</sup> y pain from *the*  
hart

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The ointment for *the* Gout

~~Take the ointment~~

Take an ounce and half of the oint=  
=ment Called vallentia scabiosa, of  
oyle of sweet Almonds a quarter of  
an ounce and as much of man fatt,  
of the best oyle of mace by expression  
4 scruples, mix it all very well together

A Plaster for the gout : Collonel Cook

Take Rosine ^ 2 pound finely beaten and seerched with  
2 pound of pitch, 2 pound of the best  
francensenc one pound of sheeps tallow, one  
ounce of safron, 2 ounces of cloves, 2 ounces  
of mace, half a pound of comin seed in fine  
pouder, labdanum 2 ounces, all this put  
together, boyle it the space of one hou<sup>e</sup>r the  
pitch being first melted, and then put in  
the rest with a pint of the best whit wine  
then streine it, and being somewhat Cold,  
make it vp in roles and keep it for your  
vse,

## To stew Carps

Take your carps all iue scale them and cut them in pecis in the stew pan to saue all the blood, and put in a bottle of whitwine a little vinager with as much watter as will Iust couer the carps, boyle with it whole whit pepper, sliced ginger mace, nutmeg, and one onion, and lemon=  
=pill, and salt, when it has boyled alittle while, put in the carps, and when the carps are enough, take some of the liqu=  
=or they stewed in and put a little butter as you think fitt, with 4 or 5 spoon=  
=fulls of cream with the yolk of an egg beat in it, and some oysters in the sauce and prauns put a little bundle of sweet hearbs in the sauce while tis boyeling and the spawn of the fish, which after with it in the dish,

To make Beniamin watter *Collonel Rolle*

Take a pint and half of the strongest spirit of wine, take 2 ounces of Beniam=  
=in one ounce and half of storax, orrian=  
tiall with the 8<sup>th</sup> part of an ounce of mirrh, half an ounce of Black balsam, take the storax Beniamin and mirrh, and beat them smale together in a mortar, then put them in a duple glass bottle with the Beniamin and spirit of wine then stope it vp very Close and shake it lustilly for half ab houer at least, but neuer after, and then sett it in the sun or if you make it in the winter, put it in a skilet of kittle of warm watter for 6 or 8 days when it is mad keep the bottle close stopd for your vse/

## for Bisketts Lady Ann Edgcumb

Take a pound of Duple refined sugar beaten and serched fine, then take 12 new laid eggs and beat them in

an earthen pan with only 4 of  
the whites, then put in you=

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sugar and 3 spoonfulls of rose or orrang=  
=flower watter, 3 blades of mace finly shrid  
beat these together one houer, then  
drey 3 quarte<sup>rs</sup> of A pound of fine flower,  
and put it in Iust as tis going into the  
ouen stir it well together, butter the  
plates a little, and put one spoonfull  
on euery plate and sett them in the  
ouen a quarter of an houer so take them  
out and take them of the plates, and  
about an houer after put them into the  
ouen again to dry, so put them vp in A  
very dry plase

to make Brisk

Take Brimstone and melt it, and then  
put coriander seeds to it and burne it  
in the hogshed as you do for whit wine  
when your cider is fine draw it of and  
put it into the hogshed, with a dosen  
pound of sugar and the like of malla=  
=goe reasons stoned, to which adde 4  
gallons of brandy or what you think  
fitt, after 2 or 3 months it will be settle<sup>d</sup>  
so when it is throyl fine bottle it of,

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To make the yellow Cordill

Take Liquorish, Anniseed, broad figs  
and Reasons of the Sun stoned some  
safron and dates, and put them into  
a proportionable quantidy of brandy in  
A stein or glass with a tap at the bottem  
and when it is fine draw it of for  
your vse

A Receipt to make Allmond Cakes

Take half a pound of sweet allmonds  
well beaten with orring flower watter  
or Rose watter, 3 quarters of a pound  
of good fresh butter the salt washed

out clean, take a quarter and half of  
fine flower, and half a pound of cure=  
nts plumped, half A pound of treble  
refined sugar beaten ad searched,  
and 6 eggs take out 3 yolks of them and  
beat them well, then mix the sugar  
allmonds, butter, and eggs together, which  
beat vp with your hand near 3 parts  
of an houer strewing in the flower,  
till it is all well beat vp together,  
then strew in the currence, and butter  
the pans and put about a spoonfull  
or more in each pan, so bake itt,

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### A Cake

Take a peck of fine flower, 8 pound  
of currence, one pound resones of the sun  
stoned, and shrid smale, strew in a litt=  
le sugar after the currence are in, sesone  
the flower to your tast with beaten nutt=  
meg then rub in 2 pound of butter to  
the flower, take the yolks of 10 eggs but  
6 whites, a pint of Ale east, beat the  
eggs and east together, strein it into the  
flower then take as much hott watter as  
will make it into a past mould it well  
and lett it rise by the fier so bake it

### the Receipt of the Ale

Take of firr tops 4 handfulls, of sarsap=  
arila 3 ounces of China one ounce, of hear=  
ts horne and of Iuory an ounce of each,  
boyle them in 5 or 6 gallons of midle wor<sup>t</sup>  
as itt comes from the ma<sup>u</sup>lt vntill a gallon  
is consumed, then work it with Ale barm  
and tun it vp, when it hath don work=  
ing put in these Ingredients in A bag  
viz roots of scorzonara 3 ounces, sweet cher=  
uell and Iringo of each 2 ounces heartsto=  
ngue dried 2 handfulls, maidenhare, egrim=  
ony and liuer wort of each one handfull  
wintiren bark half an ounce the rines

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:rines of 2 oranges, half a pound of  
reasons of the sun stoned, of brooke=



=lime and wattercreses of each 2 hand=  
=fulls, hang these in a butter bag, and  
put in a gad of steel, affter 4 or 5  
days ~~days~~ drink it Constantly with your meales  
and at all times

~~The~~

~~Chees~~ The Cream Chese mary beers

Take about 5 quarts of the morning milk  
a pint and half of raw cream, mix  
both together and run it very hard  
then slice it vp very thin in a scum  
dish, and put a fine Cloth wett in A  
larg deep fate and fill up the fate as  
full as it can hold, so lett it stand till  
night, then turn it into a fine wett  
Cloth vpon a pye plat, so turn it into  
the fate again, this you must do twice  
aday till it is hard, about 3 days in  
the fate will be enough then lat it  
in a half dry Cloth 3 days more turning  
it, 2 days will enough if you see it harden  
so put it into rushes till it will slip  
its cote, if it is very hot wether change  
the rushes once a day,

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The Plague watter, Lady Rolle ,

Take Rue, Egrimony, woormwood, salindin, sage  
balm, Rosemary, mugwort, termintill, Dragon,  
pimpernell, fetherfew, burn in, wood sorill, and a litt  
=le of Ellicompane roots scraped, mary go<sup>o</sup>lds,  
Cowslips, and panice flowers, Cardus, benedictu<sup>s</sup>  
of all these take half a pound only of rosem=  
=ary one ^ quarter of pound, and of Ellicompane less then  
any of the rest, then shrid them very smale  
and steep them in a pott with 10 quarts  
of the best maligo sack you can gitt, let  
them stand 4 or 5 days and nights, stiring  
it Euery day, put in with it when you  
lay them to steep, one ounce of annisseeds  
coriander, carraway, and Ca<sup>a</sup>rdinum, after ~~with~~  
which put all these into an ordeney still  
stoped Close, hearbs and wine together, keep  
the first runing by it self till it run, very  
smale so mix it and sweeten it to your tast

walnut watter

Take to pound of green walnuts, 2 pound<sup>d</sup>  
of figs, 2 pound of herby grass beat your  
walnuts in A mortar and shrid the  
hearbs and slice the figs and still  
them in a Cold still, with A soft fier,

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A Glister for the woorms

Take lauendor Cotten, Rue, and mallows,  
Comin seeds and sweet finnell, boyl all  
these in skim milk till it is brown, then  
sweeten it with surip violettts and an  
Eggs, allso a glister of new milk and brown  
sugar with as much woormseed as will  
ley on a shilling, boyled in it, good for <sup>^the</sup> wo<sup>o</sup>rms,

oyl of Charity

Take a quart of the best oyle of olliues,  
one handfull of the tops of rosmarj, one  
handfull of red sage, Camomill, lauender  
leaues, of Each a handfull, chop them as  
smale as herbs for a pott, putt them and  
the oyle into a glass and sett them in the  
sun and stir it once a day for 14 days to=  
=gether or more then power out the oyle  
and herbs into a skillitt, and warme it a little  
ouer a little fier then strein it out, and  
put the like, of fresh Ingredients again  
to it and lett them stand in the sun  
as before stiring it, and so on the fier  
as before, so streind out then put val=  
=eriane one handfull chopd, and lett  
it stand in the sun the time, then A  
another handfull chopd as before streine  
all these thro a cloth, and lett it haue one  
warm ouer the fier, so stop it Close for *your* vse

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its vertue

Its a soueraigne Balsam for any wound its  
a speciall remidy for any bruse taken inwa=

=rdly, in a spoonfull of positt drink, good  
for all aches proseding from Colds or vlsers,  
to preserue dead flesh from growing, tis  
good for the head and disseness, being  
Infused into Ears, this oyle most be made  
at or before the 10 day of may

A Receipt for the Collick or gripe in the

gutts

Slice two sower oranges rines and all very  
thin and put them into a quart of milk  
which must first boyle vp, and when  
the oringes sink to the buttem, when the  
posett is made strein of the Cleare and  
drink it

For the soariness of the belly with it,

take A red rose Cake, a pint of Elder  
watter, A quarter of a pint of Elder  
vinager, sett the watter ouer a chafin=  
=dish of coles, and put the rose Cake into  
it an turn it in the watter till it is  
hott, and lett it suck vp some of the watter  
and vinager, then take it out and scrape  
nutmeg on it so put it vp in a Cloth, &  
apply it to the belly as you can, Indue<sup>a</sup>r

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Induear it, and haue another cake in  
readiness in the watter and vinegar  
against that is cold, so change it often

The century watter

take 24 ounces of century and 4 ounces  
of Ientean roots sliced and put both in  
a earthen pott well glaesed, and power  
on it a gallon of the strongest whit=  
=wine, couer it up close, and sett it in  
a colle seeller for 5 days, then distill  
in a cold still for your vse

the vertues of the watter

Drunk morning and Euening, preserueth  
the body from all deseases, Cuerith all Impos=

=themes, maketh a good couler, it preuents  
the plague, Easeth a loaded stomack breakes  
the stone, in the rains, seperates and  
expeleth all wattery humours, purges  
the ~~body~~ belly from Collick and corrupt  
blood, it heals all wounds in the belly  
Cuers all venimous bittings and cuers  
the sight, take the wheight of 4<sup>d</sup> or 6<sup>d</sup>  
in a spoonfull of this watter,

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Treacle watter

Take an ounce of hartshorn and put it into  
a pott with 3 pints of fair spring watter couerd  
Close and lett it steep 24 houers then boyle  
it till it comes to a quart, put to the watter  
so boyld of Angelica roots, Cyprus roots, tor=  
=mentill roots, or each one ounce, or bugloss=  
=leaues, burage leaues, mary goole flowers,  
Rosemary flowers, of each 2 ounces, of holly  
thistle and the rinds of citron of Each one  
ounce, of the best vennus treacle on pound,  
of whit wine 3 quarts, of damask rose watter  
3 pints, distill these in a glass still sett  
into a pott of watter with a gentle fier  
of charkole vnder it,

To make round pudings to fill  
a dish

Take a gallon of new milk and run it  
tender, take the curds grated bread, 6 eggs  
one whit one nutmeg, a handfull of cure=  
=nts, a spoonfull of canary sack, ~~es~~ so of  
oring flower watter, and a little sugar role  
them in sweet suit, the same butter sa<sup>c</sup>k  
and sugar,

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To make custords, <sup>mrs welleiomb</sup>,

Take a quart of raw cream set it ouer  
the fier with a blad of mace a little  
ciniman and nutmeg, lett it boyle once vp,  
take the yolks of 12 eggs beat all well with  
a little orrang flower watter, and throw  
them into the cream and stir it well,

soe boyle it till it is thick, sweeten it and  
put it into the dishes, if you will, haue  
them look a litle brown, heat a fier shoule  
red hott and hold ouer the custerds

To make A sack Posett <sup>mrs louet</sup>

Take 12 eggs beat well whites and all  
then add a pint of sack, sweeten it with  
sugar and stir it well ouer a fier in A  
siluer basin till it be prity hott, then  
take a quart of new milk boyled once  
vp with a blad of mace and throw it  
scalding hott into the basin stir it once  
or twice round ouer the fier, so couer  
it ouer and lett it stand a little,  
it most not be made long before  
you vse it, you may try the  
sides a litle with a spoon ouer the  
fier if it tis come,

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To quicken Labour or bring of A Dead  
Child or false Conseption mrs Rolle ,

Take 3 date stones dried, 3 beads of the best  
yellow amber, half a dram of red corill, half  
a dram of seed perle, 12 cloues, 20 quince  
kernells, one penyworth of English safron,  
a knobe of treble refined sugar, all *this*  
beind mad into fine pouders seuerally by  
them selues, mix them all well together  
so keep it tid vp Close for your vse  
giue as much of it as will lye on a=  
shilling by heap in 5 spoonfulls of baum  
watter, sweeten it with surup of cloues  
or any Cawdle, or other liquor a litle  
warmed, and take nothing in an houer  
after it/ allso as much as lies on 8<sup>d</sup> pence  
of the gow<sup>w</sup>er stone scraped and giue A  
woman when in real labour will cause  
speedy deliuary

An Excelent remidy for the Piles

Take oyntment of Populoum, and  
oyntment Diapampholygos of Each, half  
an ounce, of opium well prepared  
sixteen grains mix them Exactly Either

into the forme of A plaister or sup=  
posittery for you vse in great paine,

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For the Piles

Take ~~root~~ flax <sup>^ weed</sup> and shred and boyle  
it in vnwashed butter, strein it into  
potts for your vse, its is the best *that* is

The white wash mrs Rolle

Take one quart of distilled vinegar,  
two Peniworth of lethergy of Gold, two  
peniworth of lapis prunella, put it  
into ~~the~~ the distilld vinegar being both  
in pouder, and put it into a new  
glased pipkin and stop it vp Close with  
past, and sett it on some fresh Embers  
to simer a day and night, the next day  
take it of and power of all the cleare  
and put to the sttlement a quart of  
spring watter and Euery day put fresh  
watter to it ~~p~~ourging away the old, so  
do till it has no tast of viniger, then  
at last put to it as much spring  
watter as you think fitt and it in  
a glass bottle for your vse, you  
may vse pomatum once a week  
whilst you vse watter, fling away  
the bottem,

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To make Rasbury Brandy

Put Equall quantidy of brandy and ras=  
=bureys in A vessell, stoped 19 days, so  
draw it of, & put it into the vessell  
again and put 3 pound of course or 4<sup>li</sup>  
of fine sugar to 12 quarts, of brandy,  
then draw it of, when it is fine) the leis  
will make good watter

For sharpness in the blood

Take Bucks beam or marsh trefoile Eith=

=er in drink, tea or any other way

The Bitter drink, Steel, *Doctor* How

Take the fillings of steel 2 ounces Infus<sup>e</sup>  
it a fortnight in a pint of milk watter,  
half a pint of Camomill flower watter  
a quarter of a pint of Compound woor=  
mwood watter, as much Compound Genti=  
=ion watter, then add 2 drams of genti=  
=ian sliced, of horhound leaues and  
tops of century and roman wormwood  
of Each a pugil, of cardus seeds half An  
ounce, Infuse them 12 houers then strine

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the liquor, of which take 5 spoon=  
=fulls Euery morning fasting, the linitue  
Electurary 3 drams puluis sunetis one  
dram and as much of cream of tartir,

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The drink ~~for~~ <sup>after</sup> the smale pox

Take of China roots sliced 2 ounces of  
sarsaperilla 6 ounces, of the shuings of  
heartshorne and Iuery of Each an ounce  
of ground Iuey 2 handfulls, Rosmary flow=  
=ers a handfull, sweet finell seeds and  
Coriander seed of Each 3 drams, of sarsaf=  
=ras sliced an ounce, Infuse these in 5 quar<sup>ts</sup>  
of watter, 16 houers then boyle them to  
3 quarts, towards the end add an ounce of  
Liquorish sliced, drink of this as much as  
you Can Instead of other drink add one  
handfull of group pine to these Ingreedie=  
=nts good to sweeten *the* Blood *Doctor* Hows

The leaues of walnutts boyld in milk is  
good to kill wormes in Children      Lady doily

As much Irish slatt as will ley on 6<sup>d</sup>  
or 12<sup>d</sup> in brandy is good for the grips or Chollick

A ~~le~~ Gelly for apricocks

Take ripe whit plums and put in a  
pott with a little watter till it boyles out

the Iuce of the plums so strein it of  
cleare and put it to the apricocks when  
half boyled

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To make rape to make vinegar

Take souer graps pick them of the  
stalks and put them into a bag and  
press out the Iuce very clean then  
tun the Iuce as you do cider to make  
veriuice, take the husks of the graps  
and pack them vp in a barill Close  
for your vse, a handfull or 2 is  
anough of this rape put into A  
smale vessill of cider or wine makes  
good vinegar, lett your vessill be drey

The surrip of grapes

Press out the Iuce of graps then, lett it  
settle of powr of the clearest and put  
sugar to it as you do to other surrips the  
whit graps must not be ripe this surrip will  
do instead surrip of lemons  
orange fflower watter drank is the  
best thing for any one in dangour of  
miscarying  
4 A spoonfull of frogs spaune watter in  
one of sinamen watter is very good

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Couslip wine or any other fflowers

Take 3 gallons of watter to 6 pound of  
poudered sugar, Clarif the shugar first  
beat the whit of two Eggs and throw it into  
the sugar when it boyls vp, and scum it well  
then put all the watter and sugar together  
and boyle it well, take A peck of couslips  
picked, and brused throw them in when  
tis boyling, and 2 large lemons with the  
pill cutt in two peces, put it into a tub  
and when it is allmost Cold put a tost back=  
=ed hard with East into it, and work it as you  
do bear, streine it out Clear and put it vp  
in a barill till tis fine so bottle it of



## The Luentellus Balsam, Lady Doyly

Take one pound of the best venice turpentine, which must be washt 3 seuerall times in Red rose watter for an houers time, then take yellow bees wax half A pound cut very small and melt it on A gentle fier when it is throly melted put ~~itt~~ in your turpentine and let them Incorporate together a pretty while then take them off the fier and lett them stand two days, then slice the wax and beshour

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be sure to scrape away all the dross and wett that will be at the bottom, then take 3 pints of oyle of oliues and put it into the incorporate wax and turpentine and melt them ouer the fier, then put thearto of naturall Ball=  
=some an ounce, of *saint* Iohns wort and ounce of Red Saunders poudered very fine, one ounce lastly six spoonfulls of sack, when they are well warmed together take them off the fier and stir them two houers, you most put the sa<sup>u</sup>ndars and the oyle together before the other Ingredients/

## To make waffars

Take milk and flower with 3 or 4 Eggs and ~~but~~ beat it together and sweeten it to your tast then butter the waffer Irons when they are red hott and put a spoonfull of the batter into them and bake it, torn the Irons 2 or 3 times

## Pills good for A Looseness

Take 30 grains of rubabr finly prepar<sup>ed</sup> and made into pills with disscordum, take 3 at night, 3 in the morning and 3 the next night,

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## The Duke of ormonds Pills

Take two scruples of sen<sup>n</sup>a, 2 scruples  
 of rubarb, 2 scruples of Hicareipiera=  
 =degalena, of cream or tartor half a dram  
 half a dram of alloies rosata 6 grains  
 of salt of wormwood, of surip of  
 succe<sup>e</sup>y compoosed with surip of rubarb,  
 as much as will make it into past, this  
 will make 18 pills whear of take 3 or 4  
 as you go to bed, you need not keep  
 A diet or Chamber with them

## A Glister for the Chollick

Take an ounce of venus treacle in a  
 pint of new milk or sack

## For A paine in the stomack

Take a thimblefull of mustard seed  
 morning and Euening, mrs Helen

For the Conuultions fitts <sup>mrs Cook</sup>

Take a spoonfull of the Iuce of rew  
 sweeten it with sugar and giue *the* Child

## Bourns Pills

Take Pill ruffi two drams, Alacphan=  
 =gine one dram ~~m~~ and-half, prepared  
 steele one dram, mingle them and make  
 them into 32 pills, take 4 euery other night  
 going to bed

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The bitter draught, <sup>mr Cook</sup>,

Take Camomill flowers, tops of  
 Centery of each tw handfulls, roots  
 of Ientian thin sliced, one dram,  
 Cardus seeds half an ounce grosly  
 brused, deuide this into 6 equall  
 parts, boyle the watter ar for tea

and power half a pint of watter  
boyling on one of the 6<sup>th</sup> parts, lett  
them Infuse half an houer, drink  
half in the morning and half in  
the afternoon

#### The Possitt

Take one ounce of tamorines in  
half a pint of milk, scum the  
curd, of, then sweeten it with an  
ounce of the surip of violettts,  
this you may take 10 days together  
or more as occassion and at spring  
and fall it is good for all deseases  
and to sweeten the blood

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#### To make bisketts Lady Doyly

Take 2 quarts of flower and half a pou<sup>nd</sup>  
of sugar, strew into it as many Car=  
=away seeds as you think fitt, boyle  
as much milk as you think will  
wett it, put half a pound of butter  
into the milk lett it melt in the  
milk then scum of the top and  
mix the flower to A past, then role  
it out to the thickness of A Crown  
peece and Cut itt into round peeces  
with the brim of A drinking glass  
prick them full of holes and bake  
them, the ouen must not be to hott

#### Cordiall tincture *Doctor* Lower

Take senna leaues

Liquorish

Anniseeds

Guaiacum

Lignum=nephriticum }

of each of

these two

ounces,

Raisone<sup>e</sup>s one pound washed & stoned  
steep all this in 3 quarts of the best  
aquauita, or whit Anniseed watter  
or good brandy for 8 days, so strein

it of for your vse, take 4 or 5 of  
it for the cholick

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#### A Receipt for the Chollick

Take a quart of white anniseed  
watter, and slice into it an ounce  
of muncke rubarbs lett it stand  
4 or 5 days shaking it once a day,  
giue to a man or woman, 6 spoon=  
=fulls, lett ~~it stand 4 or 5~~ them  
lye down on a bed and keep war<sup>me</sup>  
after it) giue it not if a woman is  
breeding/

The oyle of Capors is very good  
to anyony the Ioynts of weak Childre<sup>n</sup>

Allabaster burnt and poudred is  
very good for a cancker in the mouth,

#### A Receipt for the small pox

Take two spoonfulls of Tars (not=  
=fitches) but Tarres, and boyle in A =  
quart of mary gold possett, and drink  
often of it, slice 6 figs in it,

#### A Receipt for the grips Doctor L

Take new milk and boyle it, and put  
into it: some diascordium, and brown  
sugar, I suppose a Glister

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#### A Receipt for a rupture, <sup>mrs</sup> Arnold

Take pelitory of the wall and fry it  
in fresh butter and it is very hott  
sprinkle it with the best aquauita  
and so put it on as hott as the party  
can suffer it, and lett his head lye lowe<sup>r</sup>  
then his heels, lying on his back till it  
be gon vp, when it is vp vse this folow=

=ing medicine, take a pint of rasbury=  
wine, and a pound of bollarmanack fin<sup>e</sup>ly  
powdred and boyle them well together,  
untill allmost half be consumed, then  
take a quarter of a pint of Ashen keys  
watter stilled in a cold still, sheapherds  
pouch knottgrass, sweet maioram, solla=  
=mons scale roots, white comfrey, black  
corrant tree either leaues or buds, or Inward  
rine as you can gett it, cattis tayles or dead  
mans fingers as some call them, of each of  
these 2 spoonfulls of the Iuce, put it  
into the rasbury wine what was boyleing  
before ouer the fier, and Incorporate it  
well together, then put it into a bottle  
and shak it once a week, when you vse  
it shak it well, and take 2 or 3 spoonfulls

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=spoonfulls and put it into the  
beast aquaitta you can gett, and  
morning and Eunening shake it and  
power of as much into A sacer as  
will wett A brown paper 3 or 4 times  
duble, and as hott as the party can  
beare it on the griffe, dont you put  
it on too fers a fier, for fear the  
spiritts Euaporitt, Asshen keys brused  
and boyld in watter till very strong,  
is as good as if distilled,

A Receipt for A consumption,

Take Ellicompaine roots sbout a dosen  
and slice them into spring watter  
and shift them Euery day for 9 days  
then boyle them in 3 quarts of spring  
watter with 2 handfulls of maidenhare,  
2 of seduary leaues, and 2 of maiden  
Hysop, and boyle it till it comes to 3 pints  
then streine it, and put to Euery  
pint apound of brown sugar Candy  
so boyle it to a surip for your vse,  
take 2 spoonfulls Euery morning  
so at night and lye upon your  
back half an houer after it,

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## A Iulep to Procure sleep

Take two spoonfulls of syrup of poppys, 2 drams of diascordium, 2 spoonfulls of dragon watter, 2 spoonfulls of poppy watter, half a spoonfull of cinamon watter, all these being mix<sup>t</sup> together giue it to dring in 6 spoonfulls of possett drink, in which boyle 2 drams of ~~the~~ citron seeds, and 2 drams of Cardus seeds,

## To preserue Cittron

Pare them very thin then rub them well with salt, and lay them whole in watter 3 or 4 days shifting the watter Euery day, then cutt them and boyle them in 3 or 4 watters, but befor you boyle them, weigh them, and take the full weight of them in pouder sugar, take to Euery pound of sugar a pint of watter and Clari=  
=fy it with 2 or 3 eggs and when your syrop is Clean strein<sup>e</sup>d, and the cittron well boyled and tender put it together,

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~~to~~ together while the syrrup is hott and lett them stand all night and the next day boyle them up, thay must boyle pretty fast and when they haue boyled half an houer put in a quarter of A pound of fine poudred s<sup>u</sup>gar, and the Iuce of 2 or 3 Lemmons, then boyle them up till the sirrup is thick and as they are re<sup>a</sup>dy to take of the fier put into every pound of cittron 4 or 5 spoonfulls of white wine and lett it boyle but a torne or two after the wine is in, you may put in it half a grain of musk if you think well of it

## To Make Cock Ale

Take an old cock and skin and draw it then b<sup>e</sup>at him, bones and all in a mortar

then put him into 8 gallons of strong  
Ale wort with out any hops and lett them  
boyle very well together, so barm itt  
and tun it in your vessell, and when  
it hath done working take 4 pound of  
Raisons of sun stoned, some cloues, dates,  
nutmegs, and mace to your fancy, put  
all this in a canuas bagg in the vessell  
and put 3 quarts of sack in it, and stop it up  
in 8 or 10 weeks bottle it of,

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To make marmulett of Apricocks

Take a pound of apricocks, and allmost A  
pound of d<sup>o</sup>uble refined sugar, break it  
in great peises, dip the sugar in watter,  
boyle it allmost to a Candy, pare the apr=  
=icocks and cutt them in slices, and put  
them to the sugar with a little Codling: Ielly  
that is very strong of the Apple stir them  
well, and lett them boyle alittle;

To preserue green Apricocks

Take green apricocks before thay haue any  
stone in them, paire them and scald them  
tender in watter, and lett them lye in it  
till they beginn to be green, then haue  
ready a good thick syrrup, and draine them  
out of the watter, and put them into it,  
heat them for 3 or 4 days till they are  
Clear, and the Colour yould haue them,

To Preserue green gooseberries

Take the gooseberries and stone them, and  
as you stone them put *them* into watter  
when don stoneing put them into faire  
watter, and sett them ouer a gentill fier  
till they are redy to peill, then peill  
them, and put them in fresh watter  
and sett them ouer fier, till they look

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looke green, but take care you dont  
breake them, take to a pound of these  
a pound of double refined sugar well

beaten, and other gooseberryes to make  
your syrup of the Iuce of gooseberryes,  
and when you haue so don, put them  
upon the fier and lett them boyle a  
little gently, then take them and sett  
them by all night, and soe you must  
doe for two days, streuing some sugar  
ouer them, as you boyle them scum them  
well in Euery boyling

An oyntment to disolue aney swell=  
ing in the leg or brest or aney whear,

Take 3 or 4 handfulls of mallows after  
they are shrid, and boyle them in a pound<sup>d</sup>  
of butter till tis very green, and the  
hearbs crisp, and so strein it ~~out~~ for  
your vse, you must Chafe it to the  
part a griued half an houer by the  
fier,

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For ffloodings in Child beads or after  
miscariages, or hauing to much of *the* Reds

Take nott gras with its roots stiled in  
a cold still with plantin, sweetned  
with surrip of quinces,

A Receipt for the Bludy flux,

Take a stone Horse Hooffs, and boyle it  
and dry it in an ouen, so burn it on  
a Chafindish of charcoles, and sitt ouer  
it either in a closs tool, or a Ioynt stool, and  
lett the party sitt ouer it close couerd  
round, and the party must cale dryed  
nuttmegs about one a day,

For A Puding <sup>mrs Lee</sup> ,

Take the suit of a larg hingquarter of  
lamb, to the suit put two peny loofes of  
white bread, and a handfull of chopd sweet  
hearbs, penyeroyall, parsly, sweet maioram,  
and winter seauory with a uery little time,  
and either spinage, violitt leaus, or strawbery  
leaus to make it green, the suit and hearbs



must be shrid very small, and the bread grated  
4 eggs brak into it, a whole nutmeg grated,  
salt it to your tast, so boyle it an houre and  
half, tid vp in a cloth, *the* sauce is butter,

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#### To Pickle Fish

to a gallon of watter, a quart of wine  
vinager a large handfull of salt, a bundle  
of time and winter sauery the rind of one  
Lemon, Cloues, mase, and whole peper, with  
6 onions A whole, when the Liquor boyls  
put in your fish and when boyld Enought  
take it out, and when it is quite cold  
put in the fish again

*Doctor goold* For A Scurbuctick Rumatick Rusmatisem

Take dandelyon, Brooklime, and watter=  
=crees, of Each one handfull, scuruey  
grass, and Buckba<sup>e</sup>n, of Each a pugell,  
Infuse them vpon these plants, a quart  
of fresh whey boyling hott in a Close  
vessell affter half an houer strein it  
of into a bottle, and keep it Close stoped  
drink half a pint in the morning at  
5 in th afternoon and the like going  
to bed do this Euery day for 3 weeks  
and make it fresh Euery-day, if you  
haue no whey posett drink will do or tea

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#### A Receipt for deafness

Take 2 bottles of clarit and put it into  
a pipking sett it ouer a gentle fier, then put  
in Rue, sage, camomill, penyroyall, rosmary,  
marioram, mint, fetherfew, a like quantidy  
of all these, only Less of the fetherfew, Lett  
them Infuse till about apint is wasted,  
then put in some of this into 2 little bottles  
as hott as it comes of the fier and put the  
mouth of the bottle to the hole of Each Eare  
and the rest put into a milk pan and hold  
your head ouer it, the party most haue a cloth  
held ouer the head to keep of the ayr, being  
in bead, keep very warm after it, and not  
Catch Cold, do this 3 nights together, the

same Liquor will serue,  
Honny of roses and oyle of bitter almonds  
a little warmed and dropt in the Eare 2 or  
3 drops att a time is very good,

For A Rupture <sup>mrs Cooke</sup>

Take a little bags of hops and peper poun=  
=ed fine and steep it in spirit of wine  
and aply hott as the party can suffer it  
so chaing it seueralle times, then fasten on  
the trus<sup>ouer it</sup> do it going bed, giue knot gras in milk  
butter is good in a glister if very costiuē

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To make Pancak<sup>e</sup>s <sup>mrs Flo delton</sup>

To a quart of raw creame grate A  
Larg nutmeg, a little salt, and as  
much flower as will make it a good  
thick batter, beat all very well toge=  
=ther, then add 8 eggs, but 4 whites,  
and beat it together, till it be well  
mixt and smoth, then melt apound  
of good fresh butter, scald hott and  
as thick as for sauce, power it  
into the batter stering it, so lett  
it stand some houers, about 12 hours,  
then fry them thin, no butter in *the* pan

A Glister for the Piles

Take A pint of new milk, put into  
it half a handfull of malitt or veluett  
dock, as much of Elder flowrs, the same  
of *saint* Iohns wort or its flowers, in case  
you can gitt neither, then aspoonfull  
of the oyles ~~of~~ boyle this a little in  
the milk, then strein it and put  
in a spoonfull of brown sugar and  
the yolk of an Egg beat, giue half a pin<sup>tt</sup>  
att A time.

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For Sharpnes In watter

Take the tops of pine, and firr 6 handfulls  
of cyprus 4 handfulls, comphrey roots 2 ounce<sup>es</sup>  
wattercreasis 2 handfulls, the crum of  
white bread 6 ounces, put this into 6 pints  
of milk with a quartt of sack, distill itt  
in a cold still, drink 10 or 12 spoonfulls  
2 or 3 times a day sweeten it with  
march mallows surip

The Red Plaister for Isus;

Take white wax 4 ounces, pomatum one  
ounce made of Caleus Cawle, or lambs suit,  
melted together, then add one ounce of ver=  
=riullion preparad and 10 drops of dry per=  
=fume you like, or Esences to giue a perfume,  
stir all well together then dip in ould fine  
hollan put it out smoth on a clean bord  
till tis Cold, put a plaister ouer it of  
diacelom and g<sup>u</sup>m, gum is called the  
sticking plaister,

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If the feuer falls into any Limb <sup>mrs rolle</sup>

Slice Burdock roots thin, so boyle them  
in watter till they are so tender to  
be brused abroad then add hogs lard to  
moisten it, bind it warm to the part  
Chainging twice a day,

if any Bone or Bitt of meat stick  
in the throat, or stomach

Take halfe ~~a pan~~ a spoonfull of gun=  
=powder, with a Little bear or sack  
drink it, it is good for the worms in sack

For the piles <sup>Lady Harrys</sup>

Take of white Ledd, and the best  
whit frankingsene finly beaten and  
swifted ~~it~~ of each an ounce, mingle this  
togethe with as much liue honey  
as will make it into a linament  
spread it vpon a lether and apply it

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## To make the Labour Pouder

Lady Harrys

Take grains of paradis, saffron date=  
stones, Amber, mirrhe, of each of these  
alike weight and as much Comin seed as the  
weigh of the other 5 Ingredints all together,  
all these things must be beaten and fin<sup>e</sup>ly sersed  
and mingled together, and make it up into balls  
with hartshorn gelly, you must not giue this  
pouder unles the womans Labour be too slow,  
then giue her as much as will Lye on a shilling  
allso if the affter birth be hard to com away  
giue her another such dose of pouder in any  
of those Liquors, and the Like may be don for  
after pains, and you may in her Labour giue her  
a second or 3<sup>d</sup> dose, if the first dos not do stay=  
=ing an houer bet<sup>w</sup>een, dose and dose, to see ~~weth~~  
whether it will work or not,

A Receipt good for Inward bruises, or Imposthu  
=ms, or spitting bloud ,

boyle a sprig of Balsam tree in about 3 quarts  
of watter till a 3<sup>d</sup> part beconsumed sweeten  
it with Hony so drink friquently of it,

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## A Receipt for A consumption, Coff or horsnes

Doctor Dike

Cutt turnips thin and put them in an  
earthen glazed pott and put aspoonfull  
of hony, then Ellicome=pane roots sliced  
as the turnips, affter that a smale  
handfull of sugar, then turnips and  
Ellecoume=pane againe, so as befor with  
sugar till you fill vp the pott about  
a quart, take a dram of fine frankensins  
beaten very fine and e grains of ambergrees  
put into A fine tifneny bag, and put  
the bag in the midle of the pott stop  
the pott Close, and bake it with your  
brown bread lett it remaine a little longer  
to be well soaked, when you haue don  
it, bruse it all together and pour of the  
liquor, for your use; take a spoonfull of

it Euery morning and night and 2 or 3 times  
besides in a day if thear is need of it,

for man or beast if peis blood

Take hogs dung new made and put in A  
quart of milk, shrid in the bigness of A  
nutmeg of mutten suit put it ouer  
the fier but not boyle it till its well  
Incorporated, still sting it, so giue if  
*the* horse milk warm a man half as moch  
if once dos not do reepley it againe,

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An ounce of Irish slat scraped is good  
for A Horse that has the grease falen

Collonel Cook

To Preserue Grapes

First stone the grapes and then make sum  
watter scalding hott and put in the grapes  
and couer them Close A quarter of an houer  
then take them out and lett them ly Cold  
then take yelow grap<sup>e</sup>s and beat them for  
the Iuce, add to a pint of Iuce 2 pound of  
sugar and boyle it and scim it and then  
put in the grapes and lett them boyle till  
they are tendar, take care the sugar do not  
look black, this is the way to do them whole  
for glases or in bunchis, dont boyle them to  
much for fear they break,

A Receipt for any pains in the stomack

Put into a quart of <sup>^</sup>ould Mallago sack half an ounce of  
cynamon, the like of mase, being brused in  
amorter, 6 penyworth of saffron, half a hand=  
=full of penyroyal shrid 2 ounces of lofe sugar  
pounded, stop it Close for 24 houers, giue *the*  
party a wine glassfull morning and going to  
bed streind out, if uery ill lett the party  
drink a good draft of red cows milk 24 houers  
after = this swettnd with sugar of Roses = mrs Rolle

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for A Canker in mouth of lips or teeth

Take A Large egg and make a hole in the great end and put outt all the yolk and white, and put into the shell the bigness of a nutmeg of powderd allam the like of ginger, and a larg spoonfull of hony, mix it together, sett it in A Chafindish of Coles, and when it boyls up take it of, and with a fether stricke the soar part with it 3 or 4 times a day keep it in the shell, and warme it when you vse it

To preuent A fitt of the stone

Take 3 spoonfulls of good salitt oyle once a week fasting or Ale sweetend with hony euery night going to bed,

for swelling in the Legs <sup>mrs Rolle</sup>

Put into midleng wort affter it has don working 3 good handfulls of sarmandar into 3 or 4 gallons and drink it as your constant drink

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*Doctor Northcotes Receipt*

Two drahmcs of Rubard; Three ounces of Carrence Two ounces of doggs grasse and two ounces of sorrell, one drachme of senna; in three pints of water boyled to a quart sweeting it with four ounces of purging sirrup of Aples or browne sugar; Take a Beere glasse morning & afternoone salt of Tartar much as lyes on foure pence to add to purging

Mrs Wollocombs receipt for *the* eyes

Take of Parcelly seed one spoonfull; 3 roots of fennell; 3 or 4 Parcelly roots; half an ounce of saxifridg roots: half ahandfull of mugwort, one handfull of mother worth a good handfull of southern

=wood: boyle these all together in a pottle of Ale  
untill it comes to a quart *then* take out all *the* herbs  
& roots & put in 2 penyworth of saffron, one  
nuttmeg gratted; sugar enough to sweeten it:  
drink half a pint *the* last thing going to bed  
& *the* first thing *you* take in *the* morning  
good for bruse or any humer in *the* eye or  
Dimnes or decay in *the* sight: or weaknes *that*  
cured a child *when* his eyes was traned with a fall

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A receipt for a scald mrs Wollocomb

Take *the* Luce of Horse Dung & anoint *the* scald  
with it, *then* lay a fine cloth on *the* scald, & anoynt  
on outside of *the* cloth uery often in a day, wetting  
*the* cloth continuly till *the* cloth begins to sett  
Hollow *which* will be in 4 or 5 days, *then* take  
of *the* cloth & wash *the* soar with raw cream  
& oyle beat well together with a spoonfull of  
clean watter, *then* lay on a plaister mad with  
Hogs lard & sheeps Dung boyled together so  
strain it into clean watter, take it up &  
role it together, & keep it for *your* use, drap *the*  
scald twice a day for 2 or 3 days, *then* once a day  
till *the* soar Heals

a recept mr Robinson gaue me in London at//

take ceris finly powderd & mix it with Linseed  
oyle to a thicknes, so put on *the* scald

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Doctor Hows recept for any Inflammation in *the* Eyes  
especially *the* Kings Euill, or to cole *the* Blood; giuen me  
October<sup>d</sup> 2<sup>d</sup> 1706

take three <sup>^ or more</sup> heads of House leeks & put em into  
a quart of milk boyling, & so turn it to a clear  
Positt & drink one quart a day ~~with 3 spoons~~ <sup>of it at times</sup> *the* Iulip  
3 times a day 3 spoonfulls; *which* is made of good  
cordiall watters; *you* must pound *the* House  
leek well in a mortar or wooden dish & boyle  
it in *the* milk till it comes clear *then* strain it of  
and sweetin it with surup of violetts

to cure a surfeit of cherrys

eat some of the strongest chese you  
can gitt

Doctor Dike tryed *the* experiment of *this* puting  
it on cherrys *which* in a short time disolued  
*them*

For conuyltions of *the* lungs or any shortness  
of Breath in young or old:

Take Liquorise and Elicompame roots and  
still *them* in a Roose still with a uery 'slw  
ffire and Lett it drop on  
brown sugar Candy:

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Doctor Lower dyet drink for *the*:  
mis norcot Kings Euill:

Take 10 pints of water, 3 ounces of Lignum  
uita, halfe *the* Barke & halfe *the* chips a Little  
broken, 2 ounce of licquorish scraped and  
sliced, 2 ounce of sarcaparilla sliced and  
Cut halfe an inch long; halfe an ounce of  
sarsafras scraped and a quarter of a pound  
of Reasons of *the* sun stones, put all in  
to an earthen pot Close couered by *the* fier  
all night, next day boyle it 3 or 4 hours by  
A small fier; and a quarter of an hour  
befor its st<sup>r</sup>ained out; add to it a quarter  
of an ounce of scena, when tis cold put  
it into bottles, and take 8<sup>8</sup> of 9 spoonfulls  
att a time; if it be man or woman) 4 or 5  
for boy or girle, ~~it~~ it must be taken at six  
in *the* morning & at 4 in *the* affternoon, & going  
to bed, eat nothing but roast meat and for  
super Biskett or dryy bread with a handfull  
of reasons  
for *the* constant drink take *the* same ingredients  
from ~~wich~~ *which* *the* strong was strained, and add there <sup>to</sup> 7 or  
8 pints of water boyle *them* 3 or 4 hours *then* strain & bottle itt

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To make Ellder bury wine mrs Rolls way



Take twenty pound of good mallaga Reasons  
 Picked and Rubed uery clean in a Cougst cloth  
 and so shrid *them* smale, boyle fiue gallons of  
 spring Watter uery woll and pouer it hott as  
 tis boyleing on *the* Reasons in a uesall *that* Can  
 be cary stoped Close Let it stand 24<sup>2</sup> days  
 stiring it once a day then strain two it  
 thro a hair range and haue in riadyness  
 3 quarts of Elder bury Iuse done out as you do  
 for Ielly of currence with out being *the* Least  
 preast but what runs freily from it when  
 it his cold poure it to *the* Reason watter and  
 stir it woll to gether then tun it into  
 The uesell *which* must stand In a warm place  
 Where no aires comes and when *you* heare it hast  
 Left making a noise stop it close up and Lett  
 itt ~~#~~ stand for six weeks before you bottle it  
 and put nothing in to *the* bottler *which* itt *the* prime  
 Time for *the* burrys Is mickleasmas Week putt no  
 green nor rotten burys or shriuelld, this will  
 keep a year or more in bottles and as good as  
 Claritt and uery whollsome

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An excellent Re powder

Take a pound of bolealmonake  
 Fainely pounded and sarged a handfull  
 of Caraduus benedictus a handfull of pimperne<sup>ll</sup>  
 A handfull of Scabius as much turmintylle  
 so much of scordium so much of betony  
 all These must be bruised and Put to steep  
 in 3 pints of *the* best white wine then straine  
 out so much of the Liquer as will make the  
 bolealmonake as thick as white pott. ad to ~~to~~  
 your bolealmonake the powder of harts horne  
 one ounce, six penniworth of saffron made  
 Into fine powder two ounce of mithridate  
 which you must put into your Liquor as you  
 wet your bolealmonake by degrees and so sett  
 itt in the sun stirring it often in a day  
 and. so Continue to sett it in Like mannor  
 euery day ~~and~~ untill it haue drunke up  
 all *the* Liquor then sett it to dry as <sup>be</sup> fore and  
 When it is so thike as you may mould it  
 if in to cakes as you please and print as:  
 You Like; add a Handfull  
 of Dragon; & a qarter of an ounce of  
 snake roots powderd 10 of uenus tracle & allso  
 mithridate; but 1<sup>st</sup> put it in *withthe* Last

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The Surfet Water Cousin Northcotes  
aproued by Sir Henry Northcot

Take halfe a pinte of damaske  
Rose Water and halfe a pint pound of  
white suger of Candy and sett it a steeping  
a day and a night the next day take  
Cloues ~~Cinam~~ cinamon nut=mege anniseeds  
of each halfe an ounce, with a slice of liquo<sup>rish</sup>  
and two ounce of dates bruise the spices a  
Little when you do put the in then take three  
quarters of a pound of stones Raisons halfe  
a pint of poppy, water two quarts of aquauite  
three grains of ambergreece one gra<sup>i</sup>ne and halfe  
of muske mixt with sugar of candy so tye itt  
up in a flawning bag so put it in a pot, then  
Couer your pott Closse with a white paper and  
a plate upon that remember you stir it  
twice a day then Lett it stand three days  
Longer fourth day putt in a sprig of angellica  
a handfull of balme with a handfull of dried  
poppy Leaues, then Lett itt stand three days  
Longer so straine itt through a Cotton  
Bag: 2 ~~pound~~ handfulls of poppys of  
Dried poppys

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How to Presarue Orings

Take *the* best Coller seiuell orings waight  
them hole & take *the* waight of them in  
The best Lofe suger or pouderd *which* you  
plice then Rays your orangs with a pen  
Knif Cutt *the* orangs in to & brws out all  
the Iuce of them then strain *the* Iuce from  
The pips so put in the orangs in a Large  
Pan if feair watter Lett them Ly 2 days  
and nights changing the water 2 or 3 tims  
Then boyll them in seuerll waters all way  
make your water boyll before you putt them  
In so boyll them untill thay be uery  
thender then with knife take ~~a pint of~~ out the inside<sup>sid</sup>  
to euery pound of suger take a pint of  
Runng water make your surip boyll up skim  
itt Cleen and then put in your orangs & when  
about half, Reedy take 20 pips cleen from *the*  
Pulp put them in a fine Cloth till *the* orangs

are Rugged you must boyll them a hower &  
half untill that be Clear when thay be  
halfe Reedy put in ~~the Juice~~ Juice of ~~the~~  
Orringes

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To make a Lamb or a ueal Pay

Take Lamb or ueal season it peper salt:  
nuttmeg and mace take to gaxtern of flower  
a pound of buter melter with out water and  
mix it with your flower & then work it up  
with ~~your flower~~ Cold water when you haue  
made your Cossine fill it up with *your* meat  
and put in it a pound of Reasons and some  
buter a top when it is baked haue a Caudl<sup>e</sup>  
Rady with a pint of ueriuce with a pound  
of suger in it halfe a nutmeg grated and the  
yolks of six eggs well beaten Let your suger  
and ueriuce boyle then put in your eggs  
with a spoonfull ore to of water to keep *your*  
e<sup>e</sup>ggs from Curedling take a quarter of a pound  
of ueal and halfe a pound of beefe suite and  
shrid ~~sand~~ small take a Lettle nuttmeg  
salt spinage and sages and mix it & Cute it  
small Put in 2 eggs and mext it to gether  
Then make it up into balls and boyle it all  
mast halfe a quarter of an houer then cut up  
your Pye and put this force meat and  
mext ~~it~~ in to it

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To Put *the* plumes or damsons ~~Ta~~  
To keep for Tarts

Gather your damsons ore Plums when ripe  
with the stems on as many as you Can, then  
Put them into a stone Iug, then Put to  
them one quartter of thier wait of good  
white, suger then put to them water in  
Proportion then sett the Iugs into a pan  
or kettle of Cold water, make itt boyle and  
keep itt boyleing till you see the Plums  
begin to cracke, then take them up anbd  
while they are hot, pour on them melted  
beef suett ~~am~~ enough to couer them two or  
three inches hight, that no aire may  
Possible enter into them, they must be  
tyed dwon with Leather, or paper while

they are on the fier that the steem  
of the Water may not iniure *them*,

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How to make a great cake

Take 6 pound of flouer & 4 pound of  
Courants one pound of Raysons half a pound<sup>d</sup>  
suger, to nutmegs half a ounce of Cloues &  
X mace, halfe a pint of sa<sup>c</sup>k one pound of butte<sup>r</sup>  
3 pints of cream one pint of est

How to preseruf Cherys

Take 4 pound of Cherys stone them and  
put 4 pound suger ouer them then next  
day Put 3 pints of water, Lett them boyle  
till thy are well Colerd then put a pint  
of Curants Iiues half a pound of suger more  
then Lett it boyl till a ~~ge~~ tis a gelye

To make ginger bread

To three pound of flower put ten ouncis of  
fine suger and 6 ounces of butter three quarters  
of an ounce of genger finly seaceet Rub your  
butter uery well in your flower and Putt in som  
Corriander seeds ~~seeds~~ or carraways which you  
Lick best & to all this putt a pound & half of  
Treacle then Role the peast in to what forms  
you pleas & bake them upon sheets of

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Fine Paper your ouen must  
be quick that you back it in

A Receipt how to make 2 doson of <sup>buns</sup>

Take 4 pound of flower and 3 pound of Curants  
3 quarters of a pound of suger one nutmeg  
and a few Cloues one quart of Cream one  
Pound of butter a pint of ist *the* yolks of  
a doson eggs to of *the* wits of theem, so Let  
itt Rise by *the* fier half a hower the make  
Them up

To make Lemon Puffs my Cosen  
Doyly's way:

Take one pound of fine suger<sup>r</sup> pounded and  
sifted putt into itt *the* pill of one Lemon  
gratted and *the* white of one egge not beated,  
mix it well to gether *then* make itt up in  
A spoon with a knife into Little round  
balls about the bigness of a small nut  
meg and drop *them* one white papers dubble  
so bake them in an ouen that has but  
Little heat in itt that they may not be  
discoulerd it mu<sup>s</sup>t be hot enough to make

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Them Rise so take them of  
from the Pappers while *the* are hott

To make ~~geen~~ Queen cakes

Weigh off flower, white suger and unwashid  
Butter of each a Like one Pound mix *the* suger  
and flower together Lett *the* butter Ly *the* night  
before you use is in 2 or 3 spoonfulls of Rose  
Water, then take 6 Eggs and but 3 whites  
Breake them into *the* flower then slice in the  
Butter uery thinn into *the* flower and take one  
Spoonfull of Sherry mix all to gether with  
a spoon for you are not to touch it with  
A hand then take a pound of Corants and  
mix with it bake them in Pans

how to do Iam of damsins

Take 2 pound of suger & 2 pints of water  
Lett itt boyle to gether a good wile kip it well  
skimd then put 2 pound of damsins and  
Let it boyle till it gellis

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To Preserue Oranges

Take your Oranges and Scrap wash & rub  
out *the* spots as clean as you can then cutt  
them into and chip *the* right Side as you  
do them Lay them in water a day or 2

changing *your* Water once or twice a day:  
Then put on fresh Water and when it  
Boyls Put in your Oranges in a Linen:  
Bag: when they haue boyled a Prity while  
if your Water be uery bitter. you Should  
make Some other Water boyl to put them  
into and Let them boyl till they are uery  
tender then take them up and Lay them  
Between a Linen Cloth with ther right side  
upward then pick out the Kernells and wipe  
The inside dry and to euery pound of Or  
anges take a pound and halfe of Suger: and  
to euery pound of Suger a pint of water  
and when your water and Suger boyls  
Take a way the Scum: then Put in your  
Oranges and Let them boil near an Hour

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Then Put them out in a Siluer  
or Earthen Bason Lett them Stand 2 or 3  
days then Set them on *the* fire  
fire and Let them boyl till the Syrup be  
Come to Some thickness then take up your  
Oranges and Lett your Syrup boyl till it be  
to a height it will be *the* better if when you  
Take up your Oranges *then* Put to euery pound  
of Oranges one ounce of Suger and one ounce  
of *the* Iuce of oranges and Let it Boyl till it  
begins to Ielly then Pour it out into a bason  
and when it is Cold put up your oranges  
with it

To Make a Carrett pudding

Take 5 penny Loues & grate them and 2 handfulls  
of flower halfe a pound of fresh butter, mixt the  
butter with it with a quarter of a pound of white  
Suger, then take 4 Carretts and grate them and  
mixt it well with *the* Rest take Cream & Eggs and  
Spice and Sack & wett it uery thin after this  
is don you must mixt it all uery well togeathe<sup>r</sup>  
And then bake it

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To make Carway Cakes.

Take a quart of flower and a pound of butter  
and mix them well 6 Sponfulls of barme  
6 Yolkes of Eggs the white of one Egge

6 Spoonfulls of Creame and a quantity of rose  
Water worke all These together and sett  
Them before *the* fire halfe an hower and then  
Take halfe a pound of Carway Comfitts.  
After these are wrought together rub your  
Pan with butter and Lett itt be backe in a quick  
Ouen

#### To Preserue Quinces White

Put halfe a pound of Suger, to a pound of  
Quinces pare and quarter the quinces, and grate  
Some of Thouse which are most ordinary with  
The Strained Ioyce of which you may wett your  
suger boyle *your* suger to a Candy height and then  
Put into it your quarterd Quince, and Lett both  
Quinces and Suger boyle togeather till it be  
enough the faster you boyle *the* quince the whiter,  
twill be and if you Like it Sweet you may  
Please to add more Suger

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#### To make Clear Lemon Cream

To halfe a Pint of Water Put *the* Rinds of tow  
Larg Lemons pard uery th<sup>e</sup>ine left it Steep 3 or 4  
houers afterward Straine it from *the* rinds and  
Prese in *the* Iuse of 2 Lemons if Larg or Elis 3 to  
the water, and Sweten it with Duple refind  
Suger uery Swet *the* Suger being puirist Searcht  
take *the* whites of 5 ~~eggs~~ new Lad eggs and  
beat *them* Exstremly well and Strain *them* through<sup>t</sup>  
A haire Siue to the water, then Strain itt  
all againe into what you make it in Soe Put  
it ouer a gentill fier and all ways keep Strain  
ing it one way till it begins to grow thick and  
as soon as it begins to thicken take it of and  
Put to it as much oring flower watter as plese  
your palet and if you see any mouts or any of  
The eggs hard in it you must Straine it through  
a fine Canues Strainer & bay that Sort which  
is Calldeustion Canues for it straine it into  
the glase you intend <sup>to</sup> skowe it up in when it  
is Cold it will be in a Iely

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## A Recipe how to make metheglin

make your water as Sweet with honey  
 as will bear an egge Lett it boyle one hour  
 Scuming it uery well when it his Cold take 3  
 or 4 ears of wheate and dip the in ale east  
 and So put them into the barrle when you  
 See it has done working Put in your bagge  
 of Spice bruising it Let your Spice be genger  
 and Cloues you must guess your Spice accord  
 ing to the quantity you make and so stop  
 it Close twill bide a quarter of a year or  
 more before it is fit to bottle  
 16 quarts of rasberis Steep, in 4 quarts of Shery  
 Then boal 9 galents of Spring water with  
 20<sup>li</sup> of 7<sup>d</sup> suger skim it uery well then pour  
 the rasberis into a Tub and Put in *the* water  
 Couer it up uery Cloas & when it is all most  
 Could Put in two ir 3 Spooonfuls of barm  
 in a Little dish soe Lett itt Swim about  
 In the dish

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A Good receipt for *the* Dropsey

Take a peck of *the* ould measure of *the* Leaues  
 and tops of Black Aller and boyle it in Seuen  
 or 8 gallons of Ale and Cleans it and work  
 it as other Ale & when it is Ready to be  
 Stoped of ginger brused at 4 days end you may  
 make it *your* constant drink if you make it of  
 The bark Less will Serue appruued by cousen  
 Northcote a Peck and half of *the* winchester  
 mesure is a pick of *the* ould

## how to make Lemons Biskits

Etacke a Pound of fine Suger and 8 eggs beate it  
 to geather anouer when *your* ouen is Ready Put  
 The rine of 2 Lemons gratid to a pound of  
 flower dried Into it and backe them In Card  
 Pans  
 ffor a flux boyl Louf Suger in 3 pints of  
 watter till one be consumed & Drink it

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## How to doo a whit frigisye

Flea your Chickins Let *them* Lay In water  
 to Soake out *the* bloud *then* Put it into your  
 Stew pan with Sum buter and Spice and  
 Let it Stew a good while *then* Put Sum  
 Cream and Lett it Stew a Little Longer  
 then thicken it up with buter and the  
 youlk of a Egg and Leamon to Sharpen  
 ♣ it

## To make yellow water

Take four Quarts of brandy halfe a pint of  
 Popy water halfe a pint of balm water and  
 halfe a pint of Rose water two pound of  
 Rasions of *the* Sun Stoned 2 ounces of Sinamon<sup>n</sup>  
 halfe on ounce of Liqourish two nutmegs one  
 ounce of Caraway seeds brused one pound  
 of Loaf Suger three peny worth of Safforn  
 Put all in an earthen pot Steep it nine days.  
 Stirring it euery day then Straine it  
 and Bottle it for your youss.

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## To Pickle Gilleflowers

Take halfe a pound of Suger and as much  
 Salt mix it then Lay a Laine of gelleflo<sup>ers</sup>  
 and a line of Salt then Put ouer them  
 halfe a Pint of red wine and Set it in  
 a Cold Place

## To make a Stake ffleruntine

Take a neck of mutton and Ioynt it in euer<sup>y</sup>  
 Ioynt beat it then Season it with mace  
 marioram time nutmeg and Salt, halfe  
 a pinte of fear water 2 Shallots couer it  
 ouer with Past

## To Make force Meat

Take a Pound of ueal and as much Suet  
 Shreditt Small and beat it in a morter seas<sup>on</sup>

it with mace Peper Salt Sweet mariorom  
and time break in to it 2 eggs a Little white  
bread greated one Spoonfull flower So make  
it into bals and some into Sassages then  
it fitt for youse

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#### A Receipt for the Scuruy

Take a peck of *the* youngest scuruy grass  
Lett it be picked and washed Clean, take  
all *the* Iuice *that* you Can gett and Lett it ouer  
the fier and Put into it two or three  
Spoonfulls of honey you need not Lett  
it boyle but *when* it Ready to boyle scum  
it Clean when it is Cleane Scummed  
Put in to it halfe a pinte of white wine  
and Squees into it halfe a dosen of  
Oranges then Strayne it and when itt  
is perfectly Cold bottle it Take Six  
Spoonfulls in *the* morning fasting and as  
much about fower of *the* Clock in the  
Afternoon Using exercise after it  
Probatum est

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#### To make A great Cheese

Take six Gallons of new milke and a  
Gallon at Lest of Cream and Sett it A  
Runing as hot as wrme from *the* cow and  
Breke it Sofe as Possable you Can and  
Geather it with your hand and Lett of  
the wey as Soon as you can from and  
wreng in *the* wreng as dry as Possable  
you Can and then take it of and  
Breck in *the* tub with 2 handfulls of Sale  
and halfe a pint of Cream as small  
as if it wear for Chese cake

#### To Mak Red Ink

Take 2 Peniworth of vermilyen and Put  
it into a Lettel galyepot of water and min  
gle itt to geather then tis fitt for youse

To make blw Ink

Take 2 peniw<sup>o</sup>rth of blwbis and Put it in  
to a Lettle Gallipot of water and Stur  
itt about till it is disolued

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To make a gre<sup>e</sup>n Ink

Take a Peniworth of verdigreace and  
Put it in a Lettle bottle and take a  
handfull of Rue and Put a Spoonfull  
of milk in it and pound it together  
and take the Iuse of it and put into  
The bottle

To make a yellow Inke

Take a peniworth of booge and pound  
it small and Put itt into a Lettle  
Bottle and Shake it about till it  
tis disloured

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For A Scall

Take the Iuce of hors dong anyont  
the Scall with it then Laye a fine cloth  
ouer the Scall anyont the Scall with  
the iuce a tope of the cloth uary ofton  
in a day so contuny wetting the cloth  
till the cloth begins to Sitt hollow  
which may be in 4 or 5 days then take  
the cloth of and wash it clean with  
Kow Cream and oyle beat to gether  
with a Spoonefull of Clean water  
then Laye on a Plaister made withg  
hoggs Lard and Sheeps dong boyled  
to gether so Straien it into Clean  
watee Take it up and rowell it to gether  
and keepe it for your youes, dres the  
Scall twice a day for 2 or 3 days  
Then once a day till the Soar heals

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To make black Churry water.

Take eight pound of black Churriys  
 And beat them in a stone mortar  
 beat, *them* stones and all, then steep them  
 in an earthen pot with 3 quarts of Sack,  
 and one quart of brandy Put thereto  
 one ounce of Caster, one ounce of  
 Gallingall, one ounce Squinant otherwise  
 Called Cammells hay, halfe an ounce of  
 Spikenard, halfe an ounce of ~~Species~~  
~~Liberantes~~, halfe Cantrayerra, halfe  
 one ounce of Cardamums, halfe one of  
 Spicies Liberantes, halfe on ounce of  
 kermes berries two ounces of Citron  
 Peel drayed two ounces of burrage Comom<sup>it</sup>  
 Cowslips bugles, Cloues gilliflowers rosemary  
 flowers, marygold, flowers of each 2 ounces,  
 and Let *them* steep alltogether in the Sack  
 and brandy 48 houres, then still *them* in a rose  
 Still adding one Scruple of myrrh, so drain <sup>it</sup> as  
 Long as it will run, and mingle it together, add to  
 two ounces of lilly of *the* ualley

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To Make Ielly & Clear  
 Cakes of quinces

Pare your quinces then Slice them into <sup>^ a</sup> galy pot  
 with as many of the kernells and Cores as you  
 Can gette and putt them in to a pot houlding about a  
 quart with a bout ten or twelue sponfuls of water then  
 tye them close up with Sasers and Broune papers  
 and Set the pots in a ceatell to Boyel and when  
 thay haue Boyled with in *the* ceatell of about  
 one houer Straine the Liquer throw a Sarg  
 and as you wold haue it read you must Coller  
 with Bankers then wayighe your Sirop ~~take~~  
 and take *the* weaite in Suger beat it and Put  
 it in to a Skellett with as much water as  
 will disoulue it and when tiss melted boyle  
 it uery fast tell it be redy to Suger againe  
 then poure in *the* Serop Stiring it till all  
 the all the Suger be melted that which is  
 for Clear cakes must not boyle a whit  
 The Ielly May

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## To make oring Buter

Take a quarter of a pint of Clear Iuse  
 of oringes a quarter of a pint of whit wine  
 Pare *the* pills of your orings then Steep it in  
 the Iuse and white wine halfe one houer  
 and when you take out *the* pill it in a Little  
 fine Suger then beat *the* yolks of 6 eggs uery  
 well and Put them into the Lequor and Set  
 them ouer the fier and keep Continuly Sturing  
 it till you find it allmost as thick as  
 Buter then throw it about *the* dish or bason  
 and Lett it stand all night in *the* morning  
 Take it of Lightley with a spoon and serue  
 it ~~ups~~ up as other Butter

To make *the* Best allmond Butter

Take a pound of allmonds Blancht them  
 in Could water and Lett them stand in it a  
 Pretey while then put them in to a mortar  
 and beat them uery fine and euer when  
 you beat them Cast a Spoonfull of fare  
 watter in to the mortar and soe doe tell

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Thay<sup>be</sup> Beat uery fine ~~and~~ take

them up and Put them in to a deep dish  
 and put them in to a quart or to of fare water  
 and Let them stand being weell Couered with  
 a cloth lest any dust fall into them Soe  
 strane them through a cleane napking into a  
 sieluer Baecon still keep them Couered then take  
 your strained allmons out of the napking pound  
*them* in the mortar againe

## To Make current wine

Take 3 gallons of far water Put into it 6 pound  
 of Lofe Suger or *the* best broke Suger boyle it to  
 gether halfe an houre or better as *the* scume riseet<sup>h</sup>  
 take it of then power it out and set it a cooling  
 When it is allmost Could take a Lettle east and  
 Beat it well with 6 ounces of Serrup of Lemones stir  
 in it up and downe uery well with a dish in the

Liquour then take a gallon of Courrents Picke  
from *the* stems Bruese them in a stone mortar  
then put them in to *the* Liquer and Let them  
worke to gether 2 or 3 days then strine it and

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Put it in to a Barrell of a set bigness  
and when it hath done workeing stop it  
up your uessell most be new that you put  
it in and when you bottle it put a nob of  
suger in euey bottle

A Receipt to make Gaskings powder

~~Take the Raged of the pearle or red perle  
of red corall crabs eyes of white amber of  
hearts horne of each a Like quantity Lett it be  
all seuerally beaten in to fine pouder & Search<sup>cd</sup>  
through a fine search then take as much of *the*  
black tips or toes of *the* crabs clawes as of all  
the rest of the pouders *then* weigh them severally  
for that is the mene agent of the work & beat them  
and take as much off the tip or toe of *the*  
them & crabs as of all the other  
the pouder & mix them well to gether then  
make it up in balle with som Jelly of hearts  
horn wherein you must Infuse some Jelly of  
hearts horne more or Less as you desire to saue  
the colors so let them Lye untill they be fully  
dried & then use them as you haue ocasion  
This Reeceipt being Some words Left out you find  
itt in the Page foloing~~

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A Receipt to make Gassing Powder

Take *the* Raged of pearle or Red perle of  
Red Corall crabs eys of white amber of hearts  
horne of each a Like quantitye Let it be all  
seuerally beaten into fine pouder I se<sup>a</sup>rched through  
a fine Search *then* take as much of *the* black tips ore  
toes of *the* Crabs clowes as of all *the* rest of *the* powder<sup>s</sup>  
for that is the meane agent of the work and  
beat and search them as you doe all *the* Rest of the  
Pouders *then* weight *them* severaly and take as much of  
the tips or toe of *the* Crabs as of all *the* other fine  
Pouders and mix *them* well together then make up in  
balls with som Jelly of hearts horne where in you  
must infuse some Jelly of herts horne more or Less

as you desire to saue the Collers so Lett them lye  
untill they be fully Dryed and then use them  
as you haue occasion  
The Crabs tips or toes may be had before they be  
Boyled it is So much *the* better other ways they may  
Serue being boyled so the Crabs be in season and it  
is in September and in *the* month of may being  
finely shauen or scraped ~~may be taken in a spoonful~~

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with a nife the pouder being finely shauen  
or scraped may be taken in a spoonfull of Dragon  
Water or Cordiall water then Drams at a time this  
wash down with another spoonfull of the same water  
for a Childe 7 drams may serue

#### The Vertuess of the gaskings Pouder

It his good to put forth *the* small pox and to put  
forth other disseases it heals *the* scurfe it is good  
for thouse that haue *the* Consumption if it be taken  
in seacon for a good time together it is excellen  
in all burning feawers and giues in all surfetts  
to exple poison it serueth to exple the uehemencye  
of *the* pestilence and plague Lady Rolle

#### A Receipt for an Ague

Take 6 spoonfulls of plague water *the* yelk of  
one egge and halfe a nuttmeg cut mix it and beat  
it well together take it first at the coming of  
the Cold fitt and use as much exercise upon it  
as you can if a 5 days ague take this 3 times  
if a second twice if euery day *then* take ~~this~~  
~~3 times~~ if it once but a duble proportion  
of *the* plague water Lady Rolle

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#### A good Recept of milk Water good for *the* Stone

Take a gallon of new Red Cows milk steepe  
in it a handfull of marchmallo roots fennel roots  
Parsly roots ~~an handfull of Pelitorye~~ with the peth take out of each a  
hanfull of horssradish root, one handfull pelitory  
The wall, an handfull of feild time som Liquorras  
slice the roots & lay *them* in *the* milk with *the* Reast  
all night and steep *them*, still them with an ordinary  
still with a soft fire then take 6 spoonfulls of

the milk water and 6 spoonfls of white wine  
a peece of nutmeg sliced and warme it blood  
Warme and sweten it with sirup of althea  
Probatum Lady Rolle

To make sweet water

Take a good handfull of Damask & red Roses  
good store, of pink Leaues a handfull, of sweet  
margoram a handfull, of sweet bryer Leaues a  
handfull, of muscouie a handfull, of orics and  
a handfull of beay leaues and a Little Lavender  
an ounce of Cloues being beat & a greane or 2  
of musk steep this in 3 pints of sweet worte  
made for ale unboiled and Lett *them* steep 3 days  
and *then* still them and when <sup>this tis</sup> stild Lett the

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Water stand in the sunne to Refine

Lady Rolle

A uery good Watter for *the* stomach

Take minte warmewood sage & haue of each 2 hand  
full steep them in 5 pints of sack all night Put  
them in an earthen pot Still *them* in an ordinary  
still drink it at any time being made pleasant  
With suger Lady Rolle

An Excellent Watter for Sharpness  
of urin

Take a Potle of new Red Cows milk and the  
Whites of 16 new Laid Eggs beat your whits  
Extreamely well *then* mingle *them* with the milk and  
Distill *them* ~~fo~~ besure you burn it not so drink of  
This euenings and mornings with fine suger this  
will all<sup>o</sup>y any heat in the back and bowels  
and Kidneys probatum Lady Rolle

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For sore eyes

Take of suger a candy one ounce being Beaten



to powder 2 spoonfulls of *the* luce of housleek being  
finely clarified Put them into a Glass Bottle  
to gether stoop *the* glass uery close and Lett it  
Stand in cold water 24 houres then it will be  
a perfect Cleare oyle take there of 3 or 4 drops  
for each eye at a time anynt them with  
a feather truly aproaued Lady Rolle

a Watter good to wash a wound *that* hath  
Dead or Proud flesh

Take a Gallon of Runing Water a good handfull  
of sellendine a good handfull of red sage a good  
handfull of woodbine Leaues boyle all thess in the  
Water tell it coms to half a gallon *then* straine  
the herbes from the water then put into it an  
ounce of graince 2 ounces of Allome one pinte  
of honny *then* Let it boile to a quart then straine  
the grames from it and put it up in a glass  
for your youse Lady Rolle

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[ Accompanying note with the page ]

To Make Yeallow Watter

Take fouer quarts of brandy: half A pint of  
popoy Watter half A pint of balm, watter  
and half A pint of Rosewatter, two pound  
of Reasons of the Son, Stoned, two ounces of  
Sinnamun half An ounce of Liquorish, two  
Nuttmegs, one ounce of Caraway Seeds, bruised  
one pound of Loaf Sugar 3 penyworth of saffo<sup>m</sup>  
pott all in an earthen pott, steep it Nine days  
Stiring it Every day, *then* straine itt & bottle it for  
your vse

the steell wine

Take of Genshan, Slict half A drachm, of  
Roman wormwood half A handfull, of Cardem<sup>um</sup>  
seed two drachms, Pouer vpon them A pint of  
Scalding Watter, & Lett it stand vpon the Ingre  
diant, 2 or 3 houers Then pouer it off, & add  
half A pint of Steel wine; two ounce of  
Compound wormwood watter of Compound  
Spirit of Levender two drachms  
Take 5  
spoonfulls in *the* morning  
and att 5 A Clock in *the* Afternoon

to make *the* steell wine

~~Put~~ 2 ounces of *the* fillings  
of steell & put it into a  
pint of sherry shaking The Bottle for nine days, once a day  
& *then* fillter or strain it out, clear as possible, either  
thro Paper or a thick woolin Bag

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A Recept to make the Red Pouder that  
maketh *captain* greens Wound Water

Take one ounce of Champhier thinly scraped  
as you can soe Put it into a Caleineing pot then  
Put in 4 ounces of white Capprass finely beaten  
and searched throw a Lawne serch put your Pot  
into a Chaffindish of small coales and soe  
calings it with a gentle fire couering the pot  
with a paper that noe stume com out these  
Ingredience at first will turne to water and  
afterwards hardine and Congeale to a stone feeling  
with your finger one the top of *the* pot and ~~it~~  
~~uery~~ finding it uery hard you shall know it is  
fully caleined and when tis cold break *the* pots  
and take out all *that* is in it scraping the cham  
shier which you will find one *the* paper stickink  
there Like white pouder into the Rest there  
Beat this consolidated matter uery fine and  
serch it as before *then* beat 4 ounces of bolearme<sup>neck</sup>  
Lett this alsoe be serched then put these <sup>to</sup> the  
others incorporating them throwly together  
in a mortar  
halfe an ounce of this pouder will make a quart  
of water if it be for sores a wine quart if for the  
eyes an ale quart

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When you make this water first make your  
water Boile then pout in your pouder stiring it about  
till tis could *then* put it into a glass grounds and all  
and stop it cloce and when tis cleare use it the  
grounds preserue it and keep *that* water in its full  
force and therefore if you Would use it in the morning  
you must shake it ouer night and it will be  
Cleare by the time you use it Lady Rolle

ffor the yallow Sanders

Take hearts tongue Dried and made to pouder  
and mix it in doe and bake it and of the same  
Pouder put into his Drink or boile the herts in the  
strewing of his drink and Lett the sick party haue  
noe other Bread or drink but this with his meat

To make Pottaidge

Take a Leg of beef and put it in the pot  
and couer it stingers a bout with watter put in  
three oinions a handfull of hot peper some mace  
a nutmege in quarters and the botims of 4 or 5  
manckells soe Lett all these boyle together 3 houres  
then put in <sup>a</sup> nockell of ueall 2 beefs pulets being  
slickt uery thine heauing ben boyle tender and

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skind Day befor put in also of sorrill  
Littis Spindg of each one handfull of parsly  
2 handfull Choruill half a handfull then Lett  
it boyle one houer and halfe Longer then  
put in horse meat balls and berly halfe an heuer then  
take it of the fire and skinn of all the  
fatt as clein <sup>as</sup> you can and power it into a  
stew pane ouer chorcolle fier and put to it  
halfe a pint grauy being thicked with  
two yolks of eggs being well beaten furst  
then beet *the* Eggs and grauy uery well together  
and power it into *the* Rest containaly stiring  
it uery quike till *the* rawness of the eggs be gon  
soe sarue it vpe some tims for chang cut  
in cowts and toumups cut in square pees  
Take a Pice and put in the britho and vp  
serue ~~hine~~ tins cabbg fott ching  
Breuse 5 cloues of Garlick and put it into  
a fine Ragg and Lett it Ly 12 houters and then  
Putt it into about one pint of spring water  
in the winter time doe in courage it with  
a small glass of canary put it into the  
Water as soone as it is Bruesed

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Derictions from Lady Paulett how to use  
my Lord Pembrok Balam

Take the Bigness of a hasel nut take some

Broth after it or some maligo sack you must  
fast 2 or 3 hours after it take it night and  
morning, or if you cant doe that, take it either  
night or morning you may amount you chest  
and where your paine his,

#### How to make sage Wine

Take ten gallons of spring water and boyle it  
and take 2 buchells of sage pickt from *the* stalks  
and three score pound of allegant Reasons pickt  
from the stalks and Chop the Reasons and sage  
together and when the Water is cool enough  
to put in your hand put in the reasons and sage  
in a Large veseel or Iar: stirring it 2 or 3 taines  
a day then press out the Iuse and barrell it  
for 3 months and then bottle it the sage is  
best in Iune the Liquar and sage must stand  
a week of more

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#### The tincture of Woormwood

Dray the Weormwood when tis in seed soe  
strip it of the stems and Putt a good quantity  
of it in a Large Iuge or mug, so boyle fair water  
a full houer andput it in scald hott on the  
Woormwood, stop it up Close, and Lett it stand  
till next day, keep it for your use when straind  
take of of one childs spoonfulls in a glass of alle  
is enough for ocason aproued by the Lady Lear  
Take a Liue hair cut it up and take the blader  
out and put the Liquor hott into the ear fill  
up the ear full, soe stop up the ear with black  
wool this doe 3 times

Take 5 or 6 Dropts of the Balsam of Capoiuia  
mixt with white suger into a coable of pills  
and taken in the morning for 3 or 4 mornings

Take <sup>^the</sup> herbe caled ~~a~~ starr of the earth and scraped <sup>^the</sup> roots then  
Boyle in milk, and as much as Lies on 6 pence  
of crabs clows ~~at~~ <sup>^call</sup> sigred, giue to dogs good to preuent  
madness in dogs when in danger or Rhanes

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#### Lady Wreys Dyett drinke

Take of China Roots thine sliced three  
ounces sarsaparilla cutt six ounces, harts horne

and Ivory shaueinge of each one ounce,  
ground pine 2 handfulls) sweett fennell seed <sup>bucke brane one handfull</sup>  
Bruised halfe one ounce of sassaphras, one  
ounce of Reasibs if thge sun stoned three  
ounces of Crude ~~Antimon~~ <sup>Antimony</sup> tyed up in a Cleane  
Ragg four ounces, Infuse all these in ten  
Pints of ~~Water~~ spring water for the space  
of sixteen houres then Boyle it to 3 quarts  
after it his Colld strayne it for your use

A slight receipt for *the* green sicknes

halfe, an ounce of preperied steel  
a quarter of an ounce of allios powde<sup>r</sup>  
the Like of Liquerich powder, mixet  
it well togeather in a brass mortar  
and put one spoonfull of ale. so me<sup>x</sup>  
it up in a mass together so Role it up  
in too pills midle sised Rub yo<sup>o</sup>vr  
hands with powder of Liquerich take  
5 going to beed till all are tacken  
eat no milk or chees during *this* course

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A Recept for *the* kinge euell

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The powder for Conueellsion fitts

one ounce of Dead mans scull one ounce  
of ~~Iron~~ Iention Roots and one ounce of  
single peioney Rootts, Add to these two  
ounces of the afterbirth. of a woman  
all dried, and made into powder  
wich for a Child must be tacken, as  
followeth *the* morning befor the full  
of *the* moon *the* working it tiss full  
and *the* Day after in a spoonfull of  
black Cherry water as much <sup>as</sup> Lyes on  
A two pence

for a Coff

Take 2 ounce of the pulp of Reasons of *the* sun  
2 ounces of Consarue of Rosses 2 ounces of surupp

of violets i ounce of white suger Candy 40  
Drops of Speritt of Sulpher & a few Drops  
of oyle of Uttorell make this into an  
Electuary & Lett her take *the* bigness of  
an nutmegg 3 tims a day, *probatum* Doctor peddy

for couoltions fits or anny other fits

tacke half an ounce of ~~a salt~~ a safebaba & Bruse  
it uery well put to it a quart of *the* best Brandy *then* put  
In as much wood suet as *the* Bigness of an Egg shake  
all *this* to gather for two days & *then when* it is setled  
giue to a man or woman a quarter of a spoonfull  
~~if it~~ in a litell small bear or half a spoonfull  
if *the* fits be uiolent 10 drops <sup>to</sup> a child in ~~them~~ *mouth*  
Mounth

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ft fort t loat loaf  
t

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*the* fine leamon creame) Mrs rost

taake *the* pills of 2 leamons & ~~steape~~ <sup>steep</sup> : it  
In a point of watter ouer <sup>wan night</sup> taake half a pound  
of louef suger with *the* Luce of 7 Leamons  
*the* whits of 7 eggs stir *them* not bate *them*  
so mixe it all togeather & strean it  
through a Iellye bagg *then* put it ouer  
a genttell fier & keep stering of it till  
it begins to grow thick it must not  
boyl *then* put it In *your* dishes

A good Receipt for an ague

Take ~~Dry~~ Lawrill leaues & dry 'em in an ouen &  
Powder *them* & let *the* party take a spoonfull  
of it about an houer before *the* fitts if they  
are Inclined to uomitt, giue it longer before  
*the* fitt, 3 times comonly cures *them*  
Iuly *the* 5<sup>th</sup> 1709 Mrs Rolle

A receipt for *the* Kings euill

Take dryd wallnutt leaues & make it into  
a sort of Tea *which* boyle hot watter on it &  
drink for *your* constant use sometime, & nothing

else; & if any swilling put *the* leaues on it  
keep some dryd for *your* use

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for an Inward Impostum

Take *the* Iuce of Xip Royall or catt mint,  
& *the* Iuce of penyroyall or organ 4  
spoonfulls of each, to 4 spoonfulls of  
Brandy; take of *this* 2 spoonfulls euery  
morning fasting & 2 in *the* affternoon  
& if at any other time they fall it rise  
to *the* throat take a spoonfull at any  
time; & if it breaks take as much  
as lyes on 6<sup>d</sup> in powder <sup>of Rosam</sup> in warm beer  
allso ~~as~~ ys rosome is good for a stitch or ~~pai~~  
pains in *the* stomach or side mrs Rolle

for a bite of a mad Dog

Take flowers of *Saint* Iohns wort taken in  
their prime make 'em in fine powder  
an ~~an~~ equall quantidy of snake root  
pouderd *the* doses not under a scruple  
nor aboue a Dram; for a dog a dram  
a Horse 2 drahms ^ <sup>it</sup> must be taken befor  
*the* 9<sup>th</sup> day after ~~the~~ <sup>Bite</sup> bite

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a gargle for a childs mouth *the* thrush or  
other soar mouths; Sir H. Norsted for mr michell Cole  
Take *the* Inner Bark of an Elme boyle in  
fair watter till a 3<sup>d</sup> part be consumed  
Sweetned with Honny  
allso another medicine of *the* oyle of *the*  
whites of an egge mixed up with some white  
sugar candy pouderd; october 1711 mrs coles child  
or surrip of mullberys in Plantin watter  
but as good as any is salt of Prunnella  
in Red wine to gargle or wash *the* mouth  
I knew curd a persone had holes in their  
tongue

for an ague Mrs Cole november 29<sup>th</sup> 1711

take as much of *your* stone Brimstone as lyes  
on a shilling pounded smale in a pint of

warm milk an houer before *the* fitt & ~~either~~  
~~eat~~ ~~after~~ 3 times; allso good for *the* Piles  
another Receit mrs E Northcott ;  
a cup of nance Brandy made uery souer with  
Iuce of Lemons, <sup>a</sup> less or greater quantidy ~~for~~  
according to *the* age or stringth; take it  
once or twice or 3 times; an houer before *the*  
fitt & street affter its for children wine instead of <sup>Brandy</sup>

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to make lossenges for *the* Piles aproued mrs Cole

Take an ounce of flower of Brimston  
to 4 ounces of Duble Refined sugar & A  
penyworth of Gum Arraback disolued in  
orring flower or Rose watter; mix it up into  
a past & cutt it in lossenges & eat 2 or 3 at  
a time as occassion; this has cured those  
*whenthe* physiceans had faild of succes

Mr Ioans Rare Receipt to make Ink

Take a pound of galls a pound of Coppris  
& half a pound of Gum Arabick;  
4 ounces of Allam an handfull of salt  
one handfull of sugar, put all these  
grosly pounded into a gallon of Rain  
watter & lett it stand a week at least  
but *the* longer *you* keep it *the* better it will  
be only *you* must be carfull to stirr it often  
or else a white scum will arrise *which* will  
take away *the* strength & blacknes of *the* Ink;  
according to *which* proportion of Ingradients  
*you* may make a greater or lesser quantidy

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a reseate for a spraine

tack 2 handfullsof *the* ~~rite~~ right  
spear mint & boyl it <sup>in</sup> *the* best ~~vir~~  
uinegar & <sup>bath</sup> it with wollin cloths dipt in *the*  
uinegar as hot as *the* y can bear it *then*  
bind *the* hot mint to *the* spreand part  
this do morning & Euening for 2 days

another reseate for a spraine

tacke oyle of turpintine oyle of ~~resis~~



rosis oyle of *Saint Iohns* wort & oyle of  
alltheaer of each a like ~~as~~ quantity & boyle  
it together sturing it till ~~tis~~ it will

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To Make Chiscakes Mrs Means way

Take 3 quarts of new milk, Run uery Tender  
& 12 eggs; only 3 whites) a pound of fresh  
Butter one large nutmeg, or two little ones  
grated sweeten it to *your* tast, allso Currence  
as you please; mix *the* butter & curd together  
eggs sugar &c with *your* hand  
take up *your* curds with a scumer thin &  
put it in a Hair Sieue to drain;

to make surrip of Violetts mrs Woolcoombs way

Pick *your* violents; & haue ready *your* surrip, *which* is  
a pound & half of sugar to a pint of Watter  
boyled up to a surrip & scumed, & lett it be cold  
*then* put into it *your* picked violetts as you can  
gather *them* till you see *the* surrip of a good  
deep couller, then strain it out for *your* use  
*then* take *the* violetts & boyle *them* up with ordenary  
sugar for Glisters

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*the* best way to make Black Cherry <sup>watter</sup>

1714

Take 12 pound of Cherry<sup>s</sup> & bruse *them*  
braking *the* stones in a Morter, then  
Boyle 6 quarts of <sup>+spring</sup> Watter & pour it  
Hott on *the* Cherrys, & *when* coole enough  
to work (as you do Ale or Beer) put a  
pint of good Ale east or Ba<sup>l</sup>me; to  
work it; & next morning put it into  
a cold still; & distill it for *your* use.

The Best way to salt a Gamon

You must make a strong Braine  
with pump water and Bay Salt, *the*  
brine must be strong enough to bare  
an egg the Breath of half a Croun  
and to each gamon. half a *pound* of  
Salt Petar. Let *the* gamons Lay 3 week

in *the* brine. and turn them once  
every we<sup>e</sup>ke. and at 3 weeks end  
wash them clean. and put them in  
a Bag. Soe put them into a cheese  
press 2. days. and hang *them* vp in *the*  
Chimney to dry

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#### Stew Lamperies the french ways

Saue the Blood of your Lamperies. skin  
them and cut them, in 3 or 4 peices  
put them into your stewpan with  
Blood and an equall. Quantity of  
wine and water. some whole pepar  
and salt. a whole oynion, and a  
Bunch of sweet herbs, and some  
fresh butter, when tis almost ready  
Thicken *your* Sawce with grated Bread

#### To make an Orange or Leamon Pudding

Take *the* yolks of 9 eggs and half a  
pound of white sugar. and half a *pound*  
of Butter. beat it in a stone mortar  
till it be very well mixted. the  
vine of 2 Large Leamons. or  
orrange<sup>s</sup>. cut very small. stir it  
with the Butter. sugar and eggs.  
and put it into a dish with puff  
paste, half an hour Bakes it

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#### To Roast a Rump of Beef

Take a rump of beef and salt  
it one night. then take half a *pound*  
of Beef Suit, and a Quarter of a  
pound of fatt Backon. and a hand  
full of sweet time, and sweet  
mariorum. and 2 anchoviees. and  
shrid it small alltogether. & season  
it with Cloues and mace. and nutt  
meg. and a little salt, and so stufte  
*your* Beef and put it one the fier  
to Rost. and about half an houer  
Before it is Ready. take a pint  
of Elder Vinegar and a Quart

of claret. and ~~Keek~~<sup>keepe</sup> Basteing of it  
till tis Ready to Be took up, and  
for sauce. haue some gravey in  
Readyness. and a Little gratted Bread  
and some of *the* Liquor *the* meat was  
Basted. and give *the* Sauce a boyle oop  
and so serve  
it vp

for *the* whites ( Mrs Cook )

*the* flowers of *the* great eye Dasies or  
Bishops weed; and as much ArchAngell  
Bloath made into a concerue take; *the* bignes  
of a nuttmeg 2 or 3 times aday, or else as Tea

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for to make *the* Ledden Plaster m mrs Reed

take two pound & a quarter of *the* Best oyle olive, A  
pound of good Red Led one pound, of white Led one pound  
~~beat~~ well beatten into powder, 12 ounces of spanish  
soap, Incorporat all these well together in an Earthen  
Pott well glased, before you put *them* to Boyle, and  
*when* tis well encorperated that *the* soap cometh upward  
put it upon a small fier of coles; continuing *the* fier  
for *the* space of one houer & half still stiring it with  
an Iron Ball upon *the* end of a stick, then make *the*  
fier somewhat biger untill *the* rednes be turned into a  
gray Couller; but you must not leave stirring untill  
*the* mixture be turned into *the* Couler of oyle or  
somewhat Darker then Drop it upon a Trencher  
if it cleve not to the Trencher but to *the* Finger  
it is enough, make it up in Roles; it will keep  
20 years *the* oulder *the* Better 1717

*the* Black Salve good for any swellings; *the* Gout & all cutts & soars

Take half A Pound of Bees Wax, & half A Pint  
of good meat oyle & two penyworth of Red Led &  
boyle it all together In a Skillitt, stirring it with a  
Bay Stick, till it be Black, all *the* time tis over *the*  
fier, *then* take up some in a spoon & lett it Cooll. then  
try to spread it & *when* it is boyled enough pouer  
it into a pan straining it thro a cloth, lett it be  
allmost cold then role it up for *your* use; & paper it

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## To Make the Red Powder Lady Rolles Way

Take <sup>a</sup> a handfull of Cardus Benedictes. the like of  
Pempennall, or Plaguewort, so of scabi<sup>o</sup>us & as  
much of Turmentill, so much of scordium. So  
much of Bittony. & the like of Dragon,  
Chop the herbs Very small, & putt them into  
three pints of the best whit wine, Close tied down  
& let it Infuse, six or seven Days. stiring it  
once A Day. then straine out so much of the  
Liquor as will wett, a pound of fine bole:  
allmanack as thick as white: pott. so put it  
out in the sun till dry. and wett it againe  
as before. till it take vp all the Liquor,  
But in the last wetting it, put in these  
Ingrediants: viz, An ounce of hartshorn  
prepared. and A Quarter of an ounce of  
snakeroot, powdered, and 6<sup>d</sup> of saffron powder<sup>ed</sup>  
An ounce of Mithridate. an ounce of Dies:  
cordium, an ounce of Venus Treacle, mix all  
this in the powder. and work it well together,  
and when dry enough. Rolle it into cakes, for  
your use, Gitt the Venus Treacle, Mithridate  
and Diescordium, that has the least Honey  
in it. for often times it make it not able  
to scrape like powder, but slice out

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## The sticking salve for *the* Issue Plasters

Take of Simple Diachylem or Diapalma: Im:  
plaister one pound.. Mellilott plasiter two ounces;  
melt them over A Gentle fier, Then add thereto  
4 ounces of the Best Burgamy pitch, strained  
through A Very Course Cloath, and when almost  
Cold, make it into Roles, and keep it for *your* vse

## A Receiptt for *the* Ricketts Mrs cleveland , 1718

*the* oyntment: take 2 ounces of *the* oyle of Turpintin<sup>e</sup>  
2 ounces of Hare marrow; 2 ounces of Deers  
shank <sup>^</sup>or leg bone marrow; one ounce of oyle of Roses; you  
must melt all these things together & keep it in  
a gally pott & *when you* use it, melt a little of it &  
Anoynt *the* child in all its ioyns every night by *the*  
fir; going to Bed; & chafe it well In with a warme  
hand wraping warm flanin round inn

*the* ~~Riott~~ Rickett Iullip

take 7 spoonfulls of Harts tongue watter, 2 spoonfull  
of surip of Iully flowers, & as much as a large Hassell  
nutt of Althermio, & 8 drops of spirit of sullphier  
shake it well together & give *the* child one spoonfull ^ at night  
& one in *the* morning & stay 3 days between taking it  
sometime *this* Iullip often cures without the oyntment

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*the* stomach Tinture Mrs Norman ,

Take A Pint of *the* best Brandy; put to it A  
quarter of an ounce of Gention Roots thin  
sliced; a Quarter of an ounce of snake roots  
6 Civill Orranges *the* Peck cutt thin; half  
a Drachm of Saffron & a little scutchinniell  
Brused & tyed up in a Bag in *the* Brandy,  
let it stand 3 or 4 days & strain it of into  
a bottle take a Tea spoonfull in wine before  
Diner. you may put half *the* Quantidy of  
Brandy again on *the* same engredients

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a Recept for Making Bloody Water

Take half a pound of Cumfrey roots and sixteen  
Handfulls of Planting leaves and pound them together  
and squeeze out the iuice of them put a pound and  
half of white sugar to it and boil it up to a syrup  
whent it is cold take two spoonfulls of it in the  
morning fasting and at night going to beg twice  
makein<sup>g</sup> of this is a perfect cure

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How to preserve herring

For a Quarter of Huenderd of herring  
1 Quart of s Viniges 1 Pint of Warter  
a Quarter Pound of salt 1 penny Worth  
Cyniman half peney Worth of allspice  
half peney Worth of saltpeter. half  
peney Worth Seuchanel a Lettle piper  
Bake them With the Batch

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## Lenatiue Electuary

two Ounces and Creme of Tartar  
half a Ounce Mex'd  
To be Taken Going to bed about  
*the* Bigness of a small French  
Nutt this is good for *the* Piles

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## To make Indian Lile

Take 1 pound of Ginger put it into salt  
and water & let it lie 1 night then scrape it  
and slice it and put it into a Bottle with Bay salt  
and let it remain till the other Ingredients are  
ready. Take 1 pound of Garlick peel & salt it  
3 days then wash & salt it again then put  
it on small wooden skewers to dry in the sun.  
Take white Cabbage & cut it in quarters as  
large or small as you please salt it very  
well and let it lie 3 days then squeeze out  
the water and dry it in the sun, Cauliflower  
are don the same way. take Radishes scrape  
em and salt 'em 3 days & dry in the sun let the  
tender tops remain on. Take Cellery as far as  
Crisp wash scrape & salt it 3 days sliting *the* root  
in quarters & dry in the sun but not much  
asparagus is don the same way &c &c &c &c

## The Pickle

1 ounce of fresh Capsicum either green or Red salt it  
3 days & dry it in *the* sun. Turmeric root powder 1/2 ounce  
put all into a stone Jar with a sufficinet quantity  
of best vinegar almost to fill it let it stand ~~a~~ 2 weeks  
then quite fill it up & stop it Close for use

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## To make a rich Cake without Yeast

Take four pound of Butter out of the Churn  
well beaten from the Butter Milk, but  
not put into Water, a little salt then  
work it with your hands, till it comes to

to Cream again, then take four pound of the finest flower, well dried, and hot from the fire, then work it into you Butter take a Pound of fine sugar finely searched, & dried hot from the fire, and mix with your flower, & Butter half an ounce of Mace, a Quarter an ounce of Nutmegs & a Quarter of an ounce of Cinnamom, finely beaten sever= ally, and put it into the sugar, then ^ have ready thirty two Eggs, the Whites & yolkes beaten the White must be beaten to Curds, put in first the whites & then the yolkes, well beaten, working all extreamly well together with your hands, then pour in a pint of sack & a pound of Blanched Almonds & a pound of Currants very clean picked

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and washed and plump, hot from the fire Dried Orange, Citern sliced thin, & put what perfumes in you please, then butter the hoop or Case, two hours with Care of heating the Oven will bake it, you must see it, if you intend to have it baked as usual, and from the beginning, untill you put it into the hoop, the Ingredients must not be left beating and working together

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Harriet Heywood

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**back inside cover**

**back outside cover**

**spine**

**head**

**fore-edge**

**tail**