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V.a.562: Cookery and medicinal recipes [manuscript].

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Clappame November 1637 -
Clappame

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Shee said heere is my hand
my heart and all I haue
I kist her and vpon the same
a token to her gaue

And then vppon the same
the bells did loudly Ringe
that equose through the groues
most loudly they did Ringe

Then vp I tooke my loue
and arme in arme did waflke
vnto her fathers house
and ther with him to talke

who soone did Condesend
if they were both agreed
that shortly to the church wee should
and married bee with speed

The bells did loudly Ringe
and ministrells they did play
young men & maiden did striue
to grace our wedding day

God grant my loue and I
may haue the licke success
to liue in loue vntill wee deye
in Ioye and Righteousness
finis *Robert willson*

[page ii] || recto of stub [1] after [page ii]

To kill Clotts

Take half an eggshell of *the* flower of Malt
& asmuch wheat flower & 2 drams of Clattsbeane
very fine powder with a little fresh butter
make them into a Past & then into little Pills,
when you lay them take a fireshovell of
oatmeale & scotch it till it looke browne &
rubb *the* Pills in it & lay them ./.

verso of stub [1] after [page ii] || recto of stub [2] after [page ii]

verso of stub [2] after [page ii] || recto of stub [3] after [page ii]

verso of stub [3] after [page ii] || [page iii]

The humble petticion
of A. B.
To the right honorable the
Lord deputie
Gonne

To the to make saffron Caikes

the Take seauen quartes of flower
halfe a pint of honey, one pound
and a quarter of butter a pint
of bearme, a quarter of an
ounce of cloues and mace, a
~~quarter~~^{halfe} of an ounce of ginger
one nutmegg, halfe an
ounce of pepper, halfe an
ounce of saffron; and a
quart of Ale, and halfe an
ounce of Carryway seedes

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next

next ensueinge the date heereof
without fraud suite Couer or
delay that then this obligacion
to bee voyde otherwise to remaine
in full force vertue and effect
in law./

Nouerint vniuersi *per presentes* nos
A.B. et C.d. de Ciuitate
Dublin *armigeri* teneri et firmiter
obligari R.B. de Ciuitate *predicta*
generosum in quadragintis libris *sterlingis*
bone et *legalis monetae* de et in
Angliae soluendiseidem R.B.
executoribus Administratoribus vel
assignatoribus suis ad voluntatem
suam Ad quam quidem *solucionem*
bene et fideliter *faciendum*
obligamus nos *vtrumque* et
quemlibet nostrum coniunctim et

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diuisim *per se* pro toto et in
solido *heredes executores* et
administratores nostros et cuiuslibet
nrm firmiter *per presentes sigillis*
nostris sigillat dat. 25 May
Anno *domini* 1640

The Condicion of this oblicacion is
such that if the aboue bounden
A B. his heires executors *Administrators*
and assignes shall well and truly
obserue *performe*, fullfill and
keepe all and singuler the
Clauses, Articles, Couenantes
promisses *giftes grauntes* and
agreamentes which on the *parte* and beah
behalfe of the said A.B. his heires
Executors *Administrators* and assignes are
to bee obserued *performed full*
=filled or kept contayned

declared and specified in one paire
of Indentures beareing date with
these *presentes* made beetweene the

said A.B. on the one *parte* and the
said R.B. on the other *parte* for and
concerninge the towne and landes
of Ballyveak &c in The Barony
of ff. and County of d. Then
this present obligacion to bee
giv voyde otherwise to stand and
remayne in full force vertue
and effect in law./

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Letter of To all *Christ* ian people to whom
Attorney these presentes shall come
Henry Kenney of dublin Esquier
sendeth greetinge in our Lord
god euerlastinge Whereas
theirse Synnott of Ballineho=
=went in the County of
Wexford gent by his deed
beareinge date the Eight day
of May last past bene ^ hath giuen
graunted bargained sold
enffeoffed and confirmed
vnto mee the *said* Henry
Kenney and my heires and *associates*
all and singuler the howses in
in Ballynehowen more &c
in the Territory of the Murro=
=wes in the County of Wex=
=ford as in the *said* deed
moe more at large appereth

The humble petticion./

of A.B.

To the honorable Sir
William Parsons Knight and
baronett *Master* of hir *Maiestyes*
Court of Wards &c.
Sheweing that whereas C.
D. of E. in the County of ff.
gent lately died seised of the
towne and landes of E and diuers
other landes in the *said* County
which landes beeing held of his
in *Maiestie* in Capite and the
heire of the D C. beeing vnder

age, his *Maiestie* is ^{by} meanes thereof
intituled to the wardshipp of the
body and landes of the said
haire vntill hee accomplish=
=eth full age.

The *premisses* con=
sidered *which* may
please *your* honor in
as much as none of the
wardes freindes haue
hitherto sought to entitule
his *Maies* tie to the *premisses*
or discouer the same whereby
his highnes might receaue
profitt thereby That *your* honor
will bee pleased to graunt
the same to *your* pettitioner
who will endeauer to haue
office found post mort the *said*
C and hee shall euer pray

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Nouerint vniuersi *per prese ntes* me
Eduardum Hamond de ~~dublin in~~
Ballgeth in County dublin gen teneri
et firmiter obligari Richardo
Smith de dublin gen in ducent
libr ster be one et *legalis monetae*
de et in *Angliae* soluend eidem Richard o
executoribus administratoribus vel
assignatoribus suis ad voluntatem
suam. Ad quam quidem *suis*
solucion em bene et fideliter
faciend obligo me heredes
executoribus et administratoribus
meos firmiter *per prese ntes*
sigillo meo g sigillat dat.
26 doe No. Anno do mini 1639

The *Condicion* of this *obligacion* is
such that if the aboue bounden
E. H. his Executors *Administrators* or
assignes shall well and truly pay
or cause to bee well and truly
satisfied Contented and paied
vnto the aboue named R. S.
his executors *Administrators* or assignes the
Iust and full some of one hundred
poundes *sterling* Currant and lawfull
money of and in England at or
before the first day of Ianuary

Know all men by these *presentes*
that I the *said* Henry Kenney
haue Constituted ordained
nominated and appointed and
by these *presentes* doe constitute
ordaine nominate and appointe
and in my stead and place
puttes my beloued in Christ
Gerrald Murchoe gent my true
and lawfull Attorney for mee
and in my name and to my
vse to enter into all and
singuler the *premisses* or into
any *parte* or *parcell* thereof and
to take seisin and possession
thereof or any *parte* thereof
in name of the whole to the
vse of mee the *said* Henry my
heires and assignes heereby
ratyfyinge and alloweinge
all and whatsoeuer my

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said Attorney shall doe or
cause to bee done for or
concerninge the *premisses*
In wittnes &c.

Recogniz= Memorandum quod sext die May
=ance for Anno domini 1637 Annoque Regni
debt domini nostri Caroli dei gratia Angliae
Scotie ffrancie et Hibernie
Regis fidei defensoris &c decimo
tertio, A. B. de C in Comitae
E. gen. venit coram me
Iacobus Barry armiger secund baro
domino Rege Cur S cc ij s Librin e
in propria persona sua, et
adtunc et *ibide* m recognouit se
debere Henrice Kenney H K.
de d. ar in 40^l ster bone et
legalis monetae de et in angliae
soluend eidem H. K. executoribus
administratoribus vel assignatori bus
suis ad libitu et voluntat
dict H. K. excutoribus administ=

=ratoribus vel assignatoribus suorum
Et predictus A. B. vult et con=
=cedit pro se heredibus executoribus
et aministratoribussuis quod

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predictae summae 40^{li} ster de bonis et
Cattellis terr et tentis suorum heredibus
executoribus et administratoribussuorum
levetur ad opus et vsum pred
H. K. executoribus^{et} administratoribus
suorum ad quorumcum que manus
devener &c si defecerit in
Condici one subsequent./

The Condicion of the aboue written
Recognizance is such that if the
aboue bounden A.B his heires
executors administratores or assignes
or any of them doe well and truly
content satisfie or cause to bee
well and truly satisfied contented
satisfied and paied vnto the aboue
named H. K. his executors Administrators
or assignes the Iust and full s~~om~~
some of 20^{li} sterling in pure siluer
or gold without mixture of the
same weight finenesse and

purenesse that the Current
moneyes of England are now
of, at or vppon the last day
of November next ensueinge the
Date heereof at or in the
hall of ~~the~~ hall of the now
dwelling howse of the said
H. K. in dublin at one
whole and entire payment
without any fraude or further
delay That then this present
Recognizance to bee voyde and
of none effect otherwise the
same to stand and remayne
and bee in full force vertue
power vertue and effect in
law./

[page xvi] || [page xvii]

A Condicion of Recognizance for

performeinge of Articles

The Condi^{ci} on of this Recognizance is
such that if the aboue bounden
A B his heires executores and
Administrators and eury of them shall and
doe well and truly performe make
good fullfill obserue and keepe
all and eury the Couenantes
grauntes, articles, Clauses and
agreamen^{tes} on his parte to bee
performed, obserued, fullfilled
and kept; contayned mencioned,
or expressed in one deed indented
made beeweene the *said* A. B.
of the one parte and the aboue
named H H.K. of the other parte
beareinge date with these presentes
for and concerninge the townes
and landes of Tom &c in the County
of wexford And if the aboue
bounden A.B. and his heires
~~and all~~ and all and eury other

The beautyes of that face
of thine
And Cupids ~~that~~ ^{there} with in thine
Eyne
have stroke such dartes into
myne hart.
That I feele nothing Eles
but smart

M N M A

The Lord is onely my
sheppard

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The bitter Decoction

Take of Century=tops, Camomile=flowers, of each
~~two~~ ^{four} pugills; Gentian=root sliced thin two Scruples
Cardus seeds halfe an ounce. Put these into

a pinte & halfe of spring water & boyle them
very slowly to a pinte, let it stand to settle
then pour of the cleere & keep it for vse/.

The same.

Take Gentian=roote a Dram, Cardus=seeds a
Dram & halfe, the tops of Century a quarter
of a handfull, Roman Wormwood a dram
Infuse these in a pinte of white=wine
with a Dram of Camomile=Flowers for
3 or 4 dayes, whereof drink two Spoon fulles
every morning, after you have finish'd
the takeing the powder, fasting two or 3
houres after it

person or persons seised or
possessed or which shall here=
=after bee seised or possessed
to the vse of theⁱm or either
of them or in trust for
theⁱm or either of them
shall and from tyme to tyme
and at all tymes when they
shall be therevnto required
by the *said* H.K. his heires or
assignes leaves and acknow=
=ledge to the *said* H.K. and his
heires or any other nominated
by him and his and their
heires a fine sur Connisance
de droit Come Ceo) of and
in all and singuler the
premisses Then this Recogni=
=zance to bee voyde other=
=wise to stand and remayne
in full force and effect
in law./

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1 To make Almond milke

Take blanched Almonds, braie them
in a mortar then with fayre water straine

them, but make them not to thicke nor
to thine, then putt them into a potte with
a quarter of shuger and lett them boile
Then take them frome the fire and take
a manchett well dressed and stik it in
malmsey putt in the milke and soe seru^e
it forth.

2 To make good Alegarr

Take the strongest of your wort before it bee
boyled, and when it is coole putt barme
to it, and to twenty quarts of Alegar putt
a quart of beanes brused in a mortar and
a good handfull of Elder leaues bound vpp
with a thread, then putt all into a vessell -
stopt close and it wilbe very good
take the twerles of vine and put therein

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2 To make good Sasages 3

Take the flesh of a legg of porke, and putt
to it three pound of beefe suett, and when
they are minced very small, take a hand-
full of sage, halfe a handfull of tyme
and halfe a handfull of sweete margerom
shred all these herbs very small, then
grate one nutmegg, with pepper and salt
asmuch as you shall thinke fitt, blend
altogether, then take three eggs beate the
white with it very well, then putt
altogether, and worke it with your hands
like dough till all bee very well
mingled, then putt it vpp in an earthen
crocke, and when you would spend
any of it, roule it as long as you please
then fry it in the frying pan as much
as you please, it will keepe a fort=
night very well.

peast for tarts or Cheese Cak

take a pint of flower & rub a quartor of a
pound of fresh buttar in it then beate
2 eggs with a spoonful of duble refind
shugar and put to it 2 or three sponful

of creame kned it as litle as you can
and rowle it very thin put it into litle
pans dont fil them to full

4 To make a Netts foote pudding

Take one neates foote, and shread all the
meate of it very small, then take a
whole manchett grated. putt what
currans you thinke fitt, and such spices as
as you season other puddings, then take eight
egges, putt foure of the whites away, then
beate them all very well with rose water
and creame, asmuch as you thinke will
blend it, then stirring altogether very
well, bake it or boyle it *which* you will
and it wilbe an excellent pudding,
you must putt what suett you thinke
fitting into it./

to make Cheese Cakes

Take a dusin of eefon..of flower
eggs and boyle them hard then take
the yolkes and pound them with fresh
butar somthing more then halfe a pound
and napple bisket, a quartor of a pound
of almonds, and some Creame & shugar
and nutmeg what quantity of Currans you
think fitt 1691

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4

For the Goute 5

Take of Mallowe hemlocks
and houseleeke of each a handfull, boyle
these in the ground of strong beere, with
halfe a pound of mutton Suett, bath the
ffoote with the Liquor and putt the
poulties to the ffoote, vse this a day
morning and Evening.
Probatum est 6

A Receipt for the Yallow Jandies

Take of Tumerick ruberb Ivory and Saffaron each one ounce, dry all these a and pound them, and sift it all through a peece of tiffinie, then take as much of the powder as will lye on a six pence, in 3 or 4 spoonefulls of white wyne or sacke, twice a in the morneing fasting, and about 3 or 4 a Clock in the after noone, vseing exersice, after taking itt take this for 9 dayes, and then rest a day or two and take it till the quantity is vsed/

To preserve Peaches 7

Gather *your* Peaches in Drie weather take out *the* Stones lay them a day in *the* sunne to drie then rubb ouer with fine sugar and the next day sett them in *the* sunne againe and rubb them with sugar as often as they drie till they haue gathered a crust vpon them, then keepe ^{^ them} drie for *your* vse

To make Conserue of Burrage 8

Take *the* fflower of Burrage, cutt away the white beat them very small putt thereto some Clarified hony & foure times as much sugar as of *the* fflower and soe make *your* conserue, It comforteth *the* heart

To make perfume of Roses 9

Take seaven ounces of Beniamin in a whole peece lay it in sweet water *the* night before yow vse it then take a pound of damaske Roseswater cutt from them all *the* white sift all the seeds from them then beat them in a mortar very fine & *the* Beniamin ~~with them~~ alsoe them incorporate them together, Take a quarter of an ounce of very good muske as much suet and some Amber greece two ounces of ~~very good muske~~ sugar finely beaten and soe let the muske and the amber let the sevet be *the* last knede all these together, make it vp in little cakes put of euery

6

Every side of them a rose leafe let them lie vpon a faire board till they bee drie in some close chamber out of *the* sunne or winde, And then burne of them att *your* pleasure. And the older they bee the better tast they will have.

10 To preserve Quinches
jealowe .

Take xx^{tie} Quinches five pounds of sugar or six pounds, if *the* Quinches be greate pare them, pyke out the coares and boyle them let them seethe till they bee somewhat tender then take out *the* Quinches and put ~~them~~ in *the* parings and coares then let them seeth till the broathe bee somewhat strong of the Quinches, then strayne a quart or iii pints of *the* best broathe, and a pinte of rosewater put in *the* sugar skyme it then put in *the* Quinches and let them seeth till they bee tender and *the* sirope thicke then take up *the* Quinches and put in a few cloves.

11 To make Conserve of Quinches

Take *the* Quinches pare them out *the* pythes putt them in foure quarters and boyle them in faire water till they bee soft then strayne them through thicke cannas cloath with as little of *the* water that they were boyled in as may bee then weigh them, and to a pound of *the* strayned Quinches put a pound and halfe of fine sugar, and soe after *that* Quantity then boyle them all together till you thincke it Enough then put a dropp therof on a platter and if you can gett it from *the* platter, then it is sodden enough.

12 To make conserve Cherries.

Take *the* ripest unperished, cut halfe *the* stalke away wash them in cleane water, put them in a cloath till *the* water be gone, then put them in a faire brasse panne, with fine sugar well beaten cast

upon them. soe boyle them together three houres
with a soakeing fire vntill *the* Juyce *withthe* sugar
turne to a syrope then put the same into a glasse
well stopt. to every three pound of cherries a pound
and halfe of Sugar, and in boyling two or three
Spoonefull of rosewater in and if you will a few
stickes of Cynamon cut in small peeces.

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8

13 To preserve Quinches whole

Take *your* Quinches core them bore *the* holes soe
small as may bee then pare them and put
to every twelve pounds of Quinches five pound
of sugar wash *your* quinches faire sett them on *the*
put to them noe more water then will cover
them with pinte of rosewater boile them with
a softe fire for breakeing and as they seeth
put in five maces and xii cloaves, and soe
let them seethe, then take a little in a spoone
and sett it to coole and when *your* syrope is
sodden it will waxe stiffe, then take it from
the fire, and put it into an Earthen pott, for *the*
brasse will make them soure.

14 To make Marmelad of Quinches apples or peares

Take Quinches, aples, or peares, pare them core
core them seethe them in water till they fall in
peeces strayne them through a linnen cloath, and
cast that away *which* will not goe throughe, then
for every pound of Quinches, aples or peares
take halfe a pound of sugar boile them together
adding thereto a little white wine and stir them
with a stiring sticke and boile softe will they

be hard *that* a dropp therof put on Sawcer being
throughly cold wilbe soe congealed *that* with a fillipp
it may welbe stricken away and noe part remaining
behind.

15 To make Almond milke

Take blanched Almonds bray them in a mortar then with a faire water strayne them, but make them neither too thicke, nor too thinne, then put them into a pott with a quarter of Sugar and let them boile, then take *them* from *the* fire, and take a manchett well dressed and steepe it in malmsey, put it in *the* milke and soe serve it out.

16 To make right biskett bread

Take fine flower dried in an oven and after bread come forth thereof then take a quantity of butter vpon a chafing dish of coales with a little rose water and six youlkes of eggs melt the butter gently -ly beate *the* eggs and put them into *the* flower, then take coriander ^{^ seed} a penny worth and anniseed halfe a [^]halfe penny worth well dried and pickt a penny worth of cynamon and one sticke of lycoras beat the cinamon lycoras and space them with a very small quantity ale barme then worke it up to paste, make it not soe stiffe but handle gently, put in six pennyworth of Sugar as you mould

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10

your paste. Then mould up *your* paste round like a loafer then make a coffine rounder, bigger, and higher, then *your* paste by three inches then rubb *your* coffine with within on every side that *the* paste sticke not therto then close it up and put it into *the* Oven and let it bake very gently *that* it may be a bakeing an houre and halfe or more. then take it forth and let it stand till it be very cold, then take a Sharpe knife and sticke it diamond fashion or other fashion as as you like, then take rosewater a spoonefull, sugar the white of two Egges beat them very well and skimme of *the* froth & leaves then take all *your* peeces before cut and Joyce them over therewith. then take sugar bisketts and carrawayes, and strew them over *thevse* Joyce on every side peece some then sett them on paper in an oven where out cometh bread new baked or gently heat and and lett them stand till *the* Joyce be hardned and very white.

17 To make Surfitt water

Take two quarts of sacke and put therto as many

of *the* wilde poppy flowers *that* groweth in corne
as will be steeped in *that* sacke then put therto
nutmeggs giner mace and a small quantitie of
cloves, and let them steepe all night, next
morning still it with a lazy fire in an ordinary

still and then put the stilled water into a broad
^ mouth glasse and put a good handfull of poppy flower
into it to collour it and either sett it into the still
again or else in *the* sunne and then put it up into
glasses with a little hard sugar in it to drinke
it.

18 A medicine for a Sore breast

Take a good handfull of linseed bray it in a mort
-er take white lilly roots seethe them
in milke with the seed on a soofte
fire and when the rootes be soofte
take boares greece that is in a bladir
mingle it small put them altogether
in a mortar breaie them then take
thereof so much as will make a plas
ter and laie it to the sore and as the
sore healethe make the playster lesse
and warme it at the fire when you
laie it to the sore and by gods grace
it will help you

19 To make a water for the Canker

Take two handfulls of woodbine leaves or flowers
of ... honny sugar house leekes of each one handfull
of Rue and Rosemary as much Seeth all these in a pott
of faire water to a quart then take out the

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12

the hearbes and put into the liquor the bignes
of th two hazle nutts of good allum lett
it be melted therein. then take two good
spoonfulls of honny and lett them seeth
together, skimme of that *which* riseth
strayne it and wash the sore therewith

20 ffor the Evola

Take okecorne cupps, red rose budd dried
the flowers of pomegranate of each of them
two drammes brused seeth them in halfe a pinte
of plantane water a quarter of an hour
then straine it and vse to gargrate it
in *your* ^{mouth} ~~mouth~~ this s will soften the
Evola and keepe it from fallinge

21 To make a searcloth

Take fower ovnces of vnwrought wax
halfe a poound of ffrankinsense, three quarter
of a pound of Reyson boyle [^] euery of them by it selve
trie them a space as you canne then put them
altogether, then take four ounces of tried
sheepes tallow boyle them altogether vpon a
softe fire put thereto a penny worth
of Cloues small beaten & then dip *your* cloth
therein

22 To avoide ffleame

Take a good handfull of ground sill wash it in
boyle it in a quart of Ale first skimme it clean
put thereto halfe a handfull of Reysons as many
currans and two penny worth sugar candy boile
all together till halfe a pinte and lesse, then
straine it hard, drinke it blood warme fasting
at six of *the* Clocke in the morning and fast
till twelue and if it worke too sore drinke
a little Ale or beere and it will be gentle

23 A very good medicine for a soare mouth

Take lavender cotton, hearbe grace Isop red
sage collombin red fennell wilde bramble leaves
rosemary of each an handfull seeth them in
runing water from a pottle to a quart then put
into *the* water as much roache allome as a
wallnutt and as much honie as will make
it sweete then put thereto bayes and vene
ger to season it then take a fine lynen

cloath and strike ouer *your* gums & teeth
often and wash *your* mouth with the w
water

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14

24 To stanch bleeding at
the nose or any other wound

Take the combe of a red cocke drie it in an
oven beate it to fine powder put it in the
nostrill or wound and it will leaue bleeding.

25 ffor bleeding or spetting bloud

Take *the* barcke of an oake grate it to
powder mix it with *the* powder of sinamon
and Drinke it

26 ffor *the* tooth ache

Take red sage, Rosemary, time, of each three
cropps as much allom as a hazell-nutt seeth
them in a pinte of runing water to a pinte^{*the* halfe}
then straine it through a clouth and put
thereto a spoonfull of rose water, and when
your teeth ake warme a spoonfull and wash
your teeth therewith

27 A medicine for a Consumtion

Take a redd Cocke pluck him aliue hang him by *the*
heele, beate with birch rodde till he be dead then quar
ter him in four peeces but wash him not at all. put
the four quarters in a pewter pott of a pottle, put
thereto a pinte of malmesey, half an ounce of
of Sinamon a quarter of an ounce of long pepper
as much veneger, an ounce of sugar and four
good nuttmeggs, then putt this pott into a great
pott of water seeth it six houres on a soft fire
stopp the mouth of the pewter pott with paste
that noe heate gett out, then after six houres
take out the cocke and let the sicke drinke *the*
broth luke warme at divers times take *the* fleshe and
the broth *that* is left, and make a culld for *the*

sicke to eate when he will.

28 For the Collicke or Stone

Take a quart of white wine a good handfull of grumwell seedes, halfe an handfull of Bromeseede stamp them together, and seeth them together till in *the* wine till halfe bee wasted and before it be thorowly sodden put into it *the* shell of a new layd egge beaten to powder and lett *the* patient drinke thereof three spoonfull, morning and Euenings

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29 A water for *the* heate of *the* liver

Take endiue, liuerwort, fumitorie, scabias, sorrell, burrage, violetttes, Somers settie morell of each an handfull putt there to a quart of red veneger and still *them* this water doth greatly coole *the* liuer.

30 A good water to staie either heate or drought

Take a pottle of faire water, put therto of Succorie, & dife violett leaues of each an handfull, two Fennell rootes two parsley rootes lett them boile from a pottle to ^a quart then straine *the* water, put therin a little sugar sett it on *the* fire againe and when hath once boiled take it off and giue *the* sicke to drinke hott or cold as he may best drinke it, lett him haue enough and noe other drinke and it will helpe him

Mary P. Risete

~~Scientia Numerandi Tradit Arithmetica numerorum cognitoridem
cuius sunt partes septem; recte numerare
addere subtrahere, et bene multiplicare secare
progredi et apposita radicis extrahere arte~~

31 A medicine for sore eyes.

Take at one tyme halfe a handfull of hopgrace shred as finely as may bee, and a pretty quantity of white frankensence, and the white of a new laid egge beaten, and a little redd rose water, putt all this together temper them very well, take then a pretty quantity of flax and lay all these vpon it, and lay it to the neck and lett it lye there foure and twenty houres, vse this and wett *your* towe in ~~redd~~ rose water and ringe it out againe

32 A medecine for a stick well appraued

Take the rootes of Colewort and hoppes, of each an ounce., vervin, mugwort, sage mynt, worme-woode, tansey and mother wort, of each an handfull, putt all this in a common still and distill them and drinke of it as you haue cause

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33 For the yellow Jandies

Take garden wormes, slyce them, beate them to powder, and either drinke it in possett Ale *with* the powder of Turmericke or else eate them alone *with* pottage.

34 ffor stopping of the spleene

Take harts tounge, endive, liverwort and suckery of each an handfull, three croopps of worme wood, borage flowers, buglass flowers, maiden haire, of each of theis a handfull three fennell rootes, five parseley rootes, seethe all theise in a pottle of runing water; to the halfe, then straine it, and putt thereto five ounces of fine sugar lett it boyle easily halfe an houre, with a quarter of an ounce of Synamon, and as much spikenard in a lynneth cloath of this sirropp drinke evening and morneing foure or five spounefull at a tyme bloud warme

35 A sirupp for *the* Cough of *the* Lungs

Take a pinte of Isope water halfe a pinte of red rose water 4 ounces of yealow sugar candy 3 spoonefulls of annyseed brused, a good quantity of Lycoras sliced seeth all this together till they bee a syropp then straine it in a glasse give it to *the* patient in a spoone bloud warme both morning and evening or at any time lett him take it by little and little although it be painefull this most excellent and well approved

36 ffor a Tympany

Take raddish rootes slice them in a pint white wine from a quarte to a pinte drinke halfe a pinte every morninge and soe doing will breake your timpanye

37 A fume for the timpany

Take a pottle of white wine a gallon of runing water and *the* dung of stone horse lett them seeth an hour then sett it over it & vpon a close stoole soe that as you may suffer it, vse this as it will helpe A you

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20

ffor a Bruse 38

Take Seales grease either sodden roasted or stilled and annoyte the bruse therewith it is a present remedy for it.

39 ffor the Canker

Take a gallon of Ale, redd filbred leaues peneriall redd sage woodbine of each two handfulls seeth them all together and when it is almost sodden to *the* halfe put to it foure spoonfulls of stone honey &

the bignes of an Egg of roache allom
then straine it, and when it is cold
put it into a glasse wash the soare
place therewith warmed and it will
helpe you

40 ffor a squinsey

Take veneger and treacle boyled together
take *the* topps of Rue binde *them* in bunches lett
the starte be long dipp them in veneger when
it boyleth and soe putt it in *your* mouth
gargas it and it will helpe you

41

ffor a Canker whether it be in *the* mouth
throate or Nose

Take Skerlett in graine burne it on a tyle stone
made red hot in *the* fire till it be burne coale blacke
then burne allum till it be white beat them into
fine poudre and if the Canker be in throate or -
Nose blow some of the powder in with a quill 2
or 3 houres before meate, and when you meane
to eate wash it away with a water for *the*
Canker and if it sore in throate that it -
cannott gangrace winde fine cloathes about
a sicke wett it in *the* same water wash -
therein *your* teeth and throate, and in what
place soever wash it alwaies befor meate

42 To heale a theater quickly

Take selandine pennywort & hearbe bennett as
much of selandine as of *the* other two hearbes then
take *the* third parte of brimstone put all this together
seeth it till it be soe thicke *that* it will lie vpon
they naile and therewith annoyte thy tetter

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22

43 To draw downe a Rheume

Take a pinte of mustard a pinte of stronge
veneger 3 rootes of pellytory of spaine a peny
worth of spikenard bruse *the* rootes and *the*
spickall together boile them till they wax
thicke then straine it take halfe a sponefull
at once bloud warme with *the* spoone hold
it in *your* mouth, and when *your* mouth -
waxeth full of fleame take out *the* spoone
and spitt out *the* fleagme and take ~~th~~ as
much of *the* medicine againe

44 ffor *the* heate of *the* liuer

Take liuer-worte sinkfoyl suckary greene
Endiue Bougglasse or burrage seeth them all
in whea and drinke thereof

45 ffor migram in *the* head

Take monseare, ribwort, primroses, of each
an handfull seethe them all in white wine
till they be tender then bruse them betweene
two trenchers and lay them to *the* head
Probatum est

46 ffor sore Eyes

Take an hard Egge cut away *the* yolke put to it
a little roach allom and a little honey, wringe
them thorow a cloath all together lett *the* patient
put two ~~æz~~ dropps in his eyes 3 times a day &
lay himselfe downe vpon his Backe a quarter
of an houre after

47 ffor paine in *the* Backe

Take *the* leaues of Clary frey them in *the* yolks
of Egges and Eate them in *the* fasting

48 ffor scaldinge

Take sallet oyle & faire water beat them well
together and with *the* vpper parte thereof anoint
the sore place with a feather it must be lukewarme

till *the* fire be taken out

49 ffor a burninge

Take sheepes dung and sheepes suet frey them
straine them make a plaster thereof it to *the*
sore luke-warme

50 ffor a woman *that* hath a dead child
within her

Tale Betanie, vnsett leekes, rosemarie, Isop,
peneriall bursa pastoris of each an handfull
stampe them with Ale or Beere make it warme

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24

lett her drinke it and an houre as vpriht
as she can *that the* goe not vpward

51 For *the* Emerodes

Take an handfull or more of molleyn as much
& use mary leaves stampe them *with* oyle oliues
and old Barrowes grease, or Deere sewett boile
them stampe make thereof a plaster and
laie it to *the* place soe warme as *the* patient
can suffer it

52 For *the* Piles

Take sheepes suet and *that* rootes Orpyn
grinde them small mingle them with
fine powder of brimstone in manner
of an oyntment and annoyte *that* boile
therewith.

53 ffor a child turned wrong in *the* mothers
wombe

Take two cropps of sotherwood. as much
Isope a little bursa pastoris a little pene
riall as much vnsett a little betony
Stampe them, temper them *with* a little
Ale Straine it, make it luke warme

and giue it *the* patient to drinke three

three times in two houres

54 For the Woman that cannot be deliuerd

Take 3 or 4 sett leekes stampe them mingle them with may butter in ale thereof a plaster lay it warme to *the* Navill a litle while, and giue her to drinke *the* powder of ditten in warme Ale.

55 To knitt Synewes *that* bee cutt

Take *the* Iuyce ^{of} Elder leaues and *the* powder of redd wormes wash *the* wound with Iuyce and cast *the* powder in *the* wound

56 ffor the Strangulion

Take *the* berrys of Ivy and fill vp a little pottful of them bake them in a oven as long as batch of browne bread then take xv pepper cornes and xv dried berries make them in powder, & with wine and ould ale giue *the* patient to drinke xx^{ty} dayes and euery other day make a plaister of water crestes soddon in lees of wine, or fine ale, and when it is soddon cast therein wheat brann make thereof a plaister and bind downe ward, from *the* Nauill

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26

Vse both *the* drinke and *the* plaister at night after supper be digested

57 ffor *the* stitche

Take Juniper berries, holly berries, Oakcornes calamus aromaticus, redd sanders sett wall ginger of each a like quantity beaten to fine powder vse to drinke it in malmesey and it will helpe you

58 ffor the Itche

Take a gallon of licampana rootes as many red dockes rootes picke out *the* pith of them both boile them in running water till they be soft then straine them take a quart of new clarett wine veneger and a pound of and a halfe of sweet butter boile them all together lett them stand till they bee told then put in two ounces of brimstone small beaten stirr them together put them in an earthen pott anynt *your* selfe therewith a gainst *the* fire chafe it well into *the* flesh and it will helpe you

59 ffor the plurisy

Take a wheaten cake or a Key cake bake it in an oven then slice it in *the* midst spred it with tarr and soe hott as you can suffer it laie it to *the* place where *the* greife is & it will helpe you

60 ffor an ach where soever it bee

Take 3 pintes of white wine, hearbe=grace, bloud wort, red sage horse mints of each an handfull but most of Rue lett them seeth till *the* wine bee almost consumed, then put in a pint of sallett oyle & a quarter of a pound of vn-wrought wax, lett boile together till *the* wine be consumed then put in some Camell grease if you can gett it if not it will doe without

61 ffor waterie Eyes

Still strawberries, dresse *your* Eyes with *the* water it breaketh *the* webb, it cleareth *the* sight whether it cometh of hott cause [^] or of could it drieth waterie Eyes

62 A plaister for paine in the back

Take Agrimony, mugwort, & Betony,
both leaues & rootes, stampe them with
old grease & veneger, or vergise & lay
a plaister thereof to *the* sore and it
will helpe you

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28 63 For the paine in backe

Take of quart of malmesey, an handfull
of balme as much neepe as much maidenweed
which is a stinking hearbe it hath a flower like
a daysey stampe them strayne them into *the*
malmesey or put some of *the* malmesey to
them in stamping, and strayneing ^ it into *the* rest
drinke thereof a good draught any morning
fasting and *that* night when goe to bed, & in
three or foure dayes it will helpe you god
willing.

64 Evills for *the* stomacke & for one *that*
- cannot Eate

Take an handfull of sentuary seethe it
three quarts of old ale till halfe be wasted
then put therto a pinte of pure honey boile
them together keepe it in a cleane vessel
& take 3 spoonefull thereof fasting euery
day it driueth phlegme and corruption
from *the* stomacke.

65 Another for *the* same

Take two spoonefulls of sallet oile two spoon-
fulls of aquavite drinke it in a morning six
or seaven dayes together and by gods will
it will helpe you

66 A medicine for plague given by King Henry
in his army at Bullogne 1536

Take a handfull of sage of vertue as much
hearbe grace as much of Elder leaves as much
red bramble leaves stampe them all together
in a mortar & straine them with a quart of
white wine or a quantity of good white

wine veneger

67 To make buttermilke water

Take marygolds, violet leaves, strawberry leaves, wood sorrell fiue leaved grass & wood bine leaves, burnett, collombine, burrage buglas, endive, suckery, mallowes, wild time of each a handfull, liuer wort, plantane.

68 To stopp *par* breakage

Take mind, savory, *the* rime of an ash, of each one handfull stampe them fiue put thereto three or fower spoonfulls of veneger and a few crums of leauened bred then put them in a platter and ouer a chafeing dish of coales make it very warme, then put it in a bagg quilt it and lay it to *the* stomacke as warme as may be suffered.

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34

69 a plaister for wormes

Take a bullocks gall 3 or 4 vnsett leekes cutt fine a little baie leaues and comin in powder fry altogether and and a hott as may be suffered binde to *the* Nauill

70 A plaister for *the* Collick

Take a good handfull of feather-few as much of new pidgeons dung stampe them together frie them together with some fresh butter put it in a bagg and as hott as may be suffered lay ~~them~~ ^ bind it to *the* Nauill and soe soone as it waxeth cold haue another of *the* same hott and ready lay it in his place heate *the* other againe and soe apply it -

71 ffor burning or scalding

Take sheepes sewett and sheepes dung or
Turtles and fry them together annoynt the burnt
place therewith twice euery day couett not to wash
the sore with any thinge for *the* medicine will
fall away it selfe as it doth heale

72 To draw out a thorne

Take *the* gall of a barrow hogg cut a peece of it & lay
it to *the*. place where *the* thorne went in and bind it fast
bird lime is also good for *the* same

73 To make an oyntment for to aswage swellinge or
to keepe *the* sinewes from shrinking

Take cleane barrowes grease and a good quantity of sage
boyle then together vpon a chafeing dish of coales and
when *the* sage is drie straine it thorow a cloath and soe
annoynt *the* sore

74 To make tints for a wound or soare

Take a peece of salue and melt it and then scrape
some lynt and put it into *the* salue *that* is melted and
when it is through cold you make it of what legth
and bignes you will and soe keepe them from dust
till you vse them

75 ffor a stinking breath

Take of browne mint with Iuice of Rue like much put
in *the* nose and it will make *the* breath sweet

76 ffor fleame in *the* stoma^cke

Take beare and seethe it and skimme it cleane put there
to a good quantity of sugar and *the* powder of
a raze of ginger drinke therof

77 ffor *the* yealow Iandice a Marmelad

Take pome water or other leuen aples bake them
soft then take away *the* wares and *the* skinnes then
put it into a pewter dish put therevnto three spoone

fulls of honny one spoonefull of treacle one spoone
full of turmericke in powder one spoonfull

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32

of english saffron one spoonfull of vnycornes horne
and two spoonfulls of Ivory boile these together till
they be thicke eate ~~them~~ of it morning and

euening

70 To staunch bleeding at the nose

Take a peece of plaister of prise as bigg as a
goose Egge beat it into fine powder then take
the white of Egge and beate it well put there
to one spoonfull of Rosewater as much veneger
beate them againe together, then take *the* powder
and put it in thicke like mortar last of all
make thereof three balls pressd them ~~hard~~
flat lay vpon them sufficient of *the* sai 1d paister
of these balls lay one to *the* patients forehead
and to each temple one bind them fast with
~~and~~ le kerchiefe and lett them lie xxiiii
houres but he shall leaue bleeding in a little
while this is a restraintise emplaisler.

79 ffor *the* Cough a plaister

Take great Rezon *the* stones taken out boile
them in clarett wine till they be soft spread
them on a cloth lay it vpon *the* Stomacke
warme and when it is cold warme it againe

80 ffor a paine in stomacke

Take wormwood, featherfew, mynts and crumms of
browne bread ffrankincense or comminseed in
powder boile them all in malmesey put it in
a cloath and lay it to *the* stomacke warme

81 A d rinke for *the* Iandice

Take *the* rootes of dockes scrape them cleane
slice them and and put them into a vessell of
new ale lett it stand till it be stale then drinke

thereof morninge and Euening

82 A medicine for them that are
poysoned

Take an onyon of *the* reddest stampe it straine
it with ale cast in it a quantity of salte and
drinke thereof

83 ffor a sore Papp or breast

Take an handfull figgs and stampe them till *the*
kernells be broken then temper them with a little
fresh grease heate it and a plaister thereof
and a lay warme to *the* sore it will It will take
away *the* anguish and swelling and if it bee
apt to breake it br will breake it or els
nott.

84 A water to wash a sore legg
An old sore

Take *the* ashes of Ash wood and make lie
therof put to *the* lie a little allum as much
madder seeth it straine it and keepe it wash
the

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34
the sore therewith It will keepe it cleane
that with a healing plaister it may heale *the* sooner
make *the* lie sharper of *the* Allum and mudde
and as *the* proudflesh and filthy messe of *the*
sore requireth

85 To heale an new wound

Take *the* Iuice of Isope and wash *the*. wound
therewith and ~~the~~ take *the* hearbe whereout
the Iuice was wrung and lay it to *the* wound
Evening and morning -

86 A drinke for a Rupture or bursting
of a man childes bellie

Take *the* greene Rynde of a walnutt tree or
boughs *the* outer barke being taken off & seeth
it in L milke and make a possett thereof
with strong ale if there bee any to bee
gotten take *the* curdds thereof and truss
vp his coddcs with *the* same curddes &
lett him drinke *the* possett ale;

87 Another

Take a dozen of branches of maudlin stampe
them straine *them* with ale and giue it *the*
patent first *the* & last also seeth figgs in
strong ale and straine *the* Iuice of them in *the*
the ale and then with make *your* possett aforsid

88 Another for *the* same

Take browne bugle playntane penireall
of each one handfull three leaues of Elecam
pane cutt them small boyle *them* in stale vrine
putt in wheat brann sufficient seeth them
and make a poultis bynd it warme when
it is cold warme it againe or make anew
lett *the* sicke drinke drinke in *the* morning
fasting and in *the* Evening two houres before
supper *the* Iuyce of knottwortt is otherwise
called daysees *the* leaues and rootes pounded
and strayned with a little drinke lett hem be
conveniently trussed and keepe his bed two or
three dayes, lett him abstaine from veale
freesh beefe, goose, milke, pidgeons Eeles &
all such dangerous meate

89 ffor *the* Collicke and *the* stone
approued by Docter Wendy and
others

Take turpentine of venice and wash it in 3
or 4 waters of burrage or sorrell or cleane
running washing it make it white then take

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36
of *the* turpentine so much as you maybe swallow
at once vpon *the* point of a knife make there

of a pill in powder of Lycoras or Sugar
and swallow it quickly in the morning and
fasting an houre or two after

90 A corasie to take away dead flesh

Take vitriall or greene Coperas one ounce
allum two ounce burne them over *the* fire
in a fair pann till you see it throughlie
dry then rise it vp beat it into powder
and lay some thereof vpon *the* proud flesh
as you see cause Vnguentum Egiptiacum
is very good for *the said* proud flesh

91 A salve for a cut bruse or any
other sore

Take of hearbgrace an handfull of
Sage, plantane, orpen, hemlocke
valerian, tutsim or Amber leaues Rag=
wort, gratia dei mallowes selfe heele
docke, a leafe of Smallage blocklim
of each an handfull 5 pounds of clarified
Sheepes suett ^{iiii^{li}} of Raysin 4 pound

of vnwrought wax bruse *the* hearbes
together in a stone mortar then take *the*
a great kettle and put therein *the said* suett
Raysins wax and hearbes sett them over
a soft fire of coales let them boile softly
stirr them continually with a sticke and
when you see them rise in *the* kettle
take *the* kettle of *the* fire quickly or
else it will be on a flame and put *the*
house in danger and when it is falne set
it on *the* fire againe and let it boile soe
twice or thrise then take it from *the*
fire and lett it coole a little then take
a course cloth and straine it part it
the one halfe for drawing *the* other for
healing for *the* drawing part put to
it a pound of frankincense when it is
almost cold you may worke it with
your hands make it in round balls and
when it is throughly cold lay it vp in
some faire place till yow haue need of it
then spred it vpon a lynn cloth and

38

make a plaster and lay it to *the* sore
If yow annoynt *your* hand with fresh
butter in *the* working yow may make *the*
roules of or balls *the* smoother

92 A medicine for *the* toothacke

Take one handfull of sinkfolie and boile
it in a quart of water till a pinte then
take *the* water and *the* hearbes put them
into a very narrow mouthe pott hold *your*
mouth over *the* pott a good space and it
will ease yow

92 ffor a ffistula

Take two handfulls of sage, groundsill
Elecampane, boile them together in fair
water from a pottle to a quarte and
then strayne it, wash *the* ffistula
therewith It must bee ministered with
a Syrene.

93 ffor *the* Migram in *the*
head

Take an handfull of Ale hoofe, stew
it betweene 2 tyles lay it to *the*
Nape of *the* necke.

A water ffor a sore Mouth if it
94 be a Canker

Take two handfulls of Woodbyne leaves
or flowers of Sinkfoile, sage, house
leekes of Each an handfull of Rue
Rosemary of either halfe an handfull
seeth all in a pottle of faire water till
almost halfe *the* water be sodden away
then take out *the* hearbes and put
in *the* liquor *the* bignesse of two hazell
nutts of allum, let it melt therein
then take two spoonefulls of honny &

let them seeth a warmth together
skymme off *that which* riseth, & straine it
& wash *the* sore place therewith :

95 If it be *the* heate of *the* Stomacke
onely

Take an handfull sage, and another
of house leekes seeth them in a quart

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40
of water till it come to a pinte
then put in *the* weight of 2 grouts
of alum & one spoonefull of honny
skimme it straine ^{^it} wash *the* mouth
therewith twice a day

96. To make a man to sleepe

Take *the* gall of an hogg and *the* juyce
of hemlockes of each like quantity
when you well vse it take *the* quantity
of a nuttshell=full & put it in his
drinke & he shall sleepe 3 dayes
if you suffer him when you will
wake him rubb him about *the*
temples with veneger and he
will awake presently.

97. For *the* payne in *the* backe

Take *the* leaves of Clary fry them
in *the* yolkes of Eggs and take them
in *the* morning fasting

98 For *the* Scyaticu or any other
Payne or Ache

Take arsmart in may & sheepes gawles
of both as much as will fill an Earthen
pott and sett *the* same ^{^pott} in a dung hill from
May till march close stoppe then take
it out & stirr *the* hearbes and *the* gawles
together, then take brocks in may
butter and oyle=olive of either of them
like quantity boile them all together vpon

a soft soft fire straine as much as you
can and lay this oyntment vpon *the* place
of you r greife and vse to put 3 seavecloths
vpon *the* same.

99. For the dropsy and to

cleanse *the* Reines

Take and seeth all Fennell ^{^ rootes} after *the* wood it be
taken out in white wine & eate them fasting
of *the* same nature be also persely rootes
and rootes of spinnage for they provoke
bryne all

100. The Kings medicine for *the*
Plague Author Henry 8

Take sage of vertue Rue, Elder leaves
redd bramble leaves of Each an handfull

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stampe them strayne them with a
quarte of white wine then take a
quantity of fine ginger mingle them
together let *the* sicke drinke Every
day a spoonefull ix dayes together
after *the* first spoonefull you shalbe
safe xxiiii dayes & after *the* ninth
spoonfull you shalbe safe for a whole
yeare by *the* grace of god: Amen

If any be infected before

this drinke be had

Take *the* water of scabias of Betony &
a quantity of treacle of Iene mixt
together let the sicke drinke it
bloud warme it Expell *the* venom

101 If *the* sore appeare

Take bramble leaues Elder leaues and
mustard seede stampe *them* all together

make a plaster thereof lay it to
the sore and it will draw out all *the*
venom and *the* sicke shall recover
by gods helpe

102 To make a bath for swelling
to breake any sore

Take groundes of beare of Ale sett it on
the fire put thereto a handfull of smallage
as much of broke lime as much of Mallowes
as much of Ragwort an handfull of hemlo
ckes that hath pipes seeth all together then
put into it one or two handfulls of cromms
of leavened bread and a peece of sheepes
tallow or suett as much as any apple spred
it vpon a [^]peece of white wollen cloath and lay it to *the* sore as hott
as you can endure it if it wax too thicke with
often heateing put a few more grounds to
it.

103 an approued medicine for *the* palsey

Take of *the* flesh of a fox and of a wild catt *the* fatt
alsoe to the same catt a pound of brockes grease half
a pound of turpentine a quarter of a pound of hoggs
grease as much of sheepes tallow frankincense
ginger, nutmegs, synamon cloues long pepper
round pepper of each an ounce Rue setuary redd
mints, sage, margerum gentle primroses, cowslipps,
of each halfe an handfull chop all these hearbes flesh and fatt together
let *the* spices be made in fine powther put them with *the*
gumms into *the* others mingle them well together

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then haue an old fatt goose ready scalded and
trimmed to *the* spitt stuffe her with *the* aforesai d gear
rost her at a soft fire keepe *the* dropping and
annoynt *the* patients greife in *the* palme of *the*
hands *the* bowing of *the* armes *the* arnepitts and
and hammes and *the* soales of *the* feete morning
and Euening -

104 An oyntment for all aches and for
shrinking of Synewes

Take a pott of neatsfoote=oyle a quart of oxe
galls a pint of Aquavite a pint of rosewater
bay leaues Rosemary striped from *the* stalkes
the leaues rootes and spriggs of strawberrys
lavender cotton of each an handfull beate
them small putt them in *the* stuffe sett it over
the fire of coales with out flame in a panne of
~~th~~ two gallons and at *your* owne perill let
not *the* flame touch *your* stuffe let it seeth
very well after let it coule *that* you may straine
it through a course cloath but stirr not *the*
bottome then put it into a glasse and
annoynt the greife this oyntment is made best
in balmes mary -

105 To make one haue a laxe

Take polipodium of *the* oake wash it cutt it in small
peeses put thereto a little annyseed seeth it in
whey and drinke it warme

106 To stopp a laxe

Take *the said* polypodium and seeth it in water
and put *your* feete therein as warme as you can suffer
it vp to *the* in stepp

107 ffor burninge

Take *the* white of Eggs beate it till it be like a
fome then lay it vpon a fine linnen cloth then
lay it vpon *the* sore place xxiiii houres and when
you will take it off take womans milke or coves
milke lukewarme and dipp therein a lynnne
cloath and soe make ~~thereofa~~ plaster throug
wett and soft ere yow take it off and soe doe
it till you perceau *the* heate to be out of it
then annoynte *the* plaister oftymes with oyle
of linnseed and *the* sore when *the* plaster is off
then take hengreene Isope, plantane, bray
them small seeth together with may butter
or deeres suett and when it hath boiled *the* viiith

parte of an houre take it off strayne it &
make a plaster thereof and lay it vpon y
annoyte *the* sore with*the* oile of linseed for it
is very good for *the* saueing and gathering
Skinne

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100 ffor deafnesse of sicknes or
of burstings that through an
Impostume stoppeth *the* hearing

Take *the* ioyce of scabias and oile olive and
boile them well together and as hott as you
suffer it put into Eares beware it bee
not too warme

109 To knott a broken bone
in three dayes

Give the sicke to drinke *the* Ioice of bursa
pastoris 3 times Every day bloud=warme

110 ffor a webb in a mans Eye

Take *the* gall of an hare and pure honney of
oack like much meddle them together and
with a feather lay it on *the* webb and in
three nights it shall breake

111 ffor *the* acke in Ioynts Shoulders
or hipps

Take veyne and still it *the* offer *the* better wash
well *the* sore place therewith wettared a redd cloth
therein-and and bind it ti alsoe take venneger and
salt boile them all together and with
redd cloth wash *the* sore

112 ffor one that cannot eate

Take of redd mynts, wormewood and suthern-
wood, of each an handfull seeth then in a
pinte of veneger, after *the* hearbes be soft
thicken it with crumm s of brvwne bread
when it is sufficiently sodden make thereof

a plaster for *the* stomacke
113 ffor a man or woman that
is broken
Take polapdium *that* groweth on *that* oake
valerian, Annes Rootes of lady trach daisy
leaves rootes and of each like quantity
wash them, beat and strewe then, with stale
Ale, and give *the* patient to drinke blood
warne, a weeke together, If it bee a child
Keepe him from crying as much as yow cann

114 ffor *the* Emeroddes

Take a great Onyon and cutt off *the* Topp, cutt
out *the* hart fill *the* hoale with frankincense
sett on *the* capp againe then sett it in hott
Embers, when it is tender roasted take it
out and peelee it cleane put it in a linnen clath
bruse it betweene *your* hand, and as hott as you
can suffer it lay it to *your* funduments

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115 ffor *the* fflix

Take a great onyon cutt of *the* topp make a
hole in *the* midst as abouesaid putt therein
a penny worth of saffron and when it is
roasted wrapp it in a cloath and as hott
as you suffer it lay it to *your* Navell

116 To breake an impostume and to deliuer
the matter downe wards

Take *the* roote and flower of Delice and
the roote of a lilly grind them together and
put thereto iii parts of honney seeth them
in ale or wine straine it giue *the* sicke iii or
iiii spoonfulls at once and vse it till he
amend.

117 To draw out a thorne

Take *the* tongue of a fox hang it vp to drie when
you will occupy of it cutt thereof and lay it
in water till it be soft bind it to *the* sore &

it will draw it out haue ready *the* gall of an
hogg dried and hanged vp lay a peece in
water till it be soft, make a plaster thereof
and lay it vpon *the* place whereout *the* thorne is
taken and it will heale it vpp.

118 To make one to pisse

Take *parsley* ^{pellitory} and *the* rootes of *parsley*
stampe them small temper them with
Renish or Gascoine wyne and give *the*
Patient to drinke

119 ffor Ache in *the* Backe or Reynes

Take Bettonie, vervine and mylefoile,
grind them, straine them with stale giue
the sicke to drinke iii or iiii times and he
will be whole.

120 ffor wasting of mans seede

Take *the* seed of lettuce, seeth it in Malmsey
or bastard and giue *the* patient to drinke

121 ffor a man *that* is swounded after
a great heat, *the* hrease being cold

Take a spoonfull of oile, and halfe a spoonfull
veneger, beat them together, and giue him to
drinke

122 To restore *the* sight

Take *the* Iuyce of honey suckles of *the* hedge
and fill *the* Eyes therwith with a feather vse
this xvi daies.

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123 ffor Eyes that serne cleere and
seeth nott

Take *the* Iuyce of Chelindoine, salendine,

and honey, stirr them till they bee thicke
as an oyntment annoynt *the* temples therewith
and wett a peece of wollen as broad as
the temples and therevnto bind it fast
vse this a month.

124 ffor an akeing of an old wound
healed vp too soone and to open
it againe

Take Neepe stampe it with wine
and Drinke it.

125 If *the* wound be too soone healed

Take wilde Neepe made in powder and
cast it on *the* wound and it will open.

126 ffor *the* Gowte

Take two handfulls of mallowes, one
handfull of nettles, seeth them in vse
till they bee tender then, take *the* hearbes &
grind them in a mortar till they bee
like salve spread it vpon a cloath and
lay it to *the* gowte.

127 A speciall water against poysoning
or prestilence

Take Turmentill, scabious bettony, &
pinpernell like much still them together
this water *the* philosophers say defendeth
a man from poyson and pestilence *the*
day they drinke it, It is called Aqua
Imperialis, because *the* Imperours and
great Lords of *the* Sarasene vsed to
drinke it.

128 ffor any that is swollen both
Armes, leggs, and all other partes

Take a new washed sheete and drie it well
the take *the* foulest of *the* hundells of

yealow wax and lay it on a great store
of coales raked abroad, and hold *the* sheete
over *the* coales soe that *the* smoake of *the*
wax may asstend vp to *the* sheete, and
when *the* sheete smelleth strong of *the*
fume of *the* wax, then wrapp *the* patient
in *the* same & lett him goe to bed and dresse
it about his head, then laie lother
vpon him *that* he may sweat and by gods
helpe it will cure him.

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129 ffor swelling of *the* tongue in *the*
head

Take new laid Eggs and roast them hard
and slitt them in grinder and lay them
to *the* hole of *the* necke as hott as may
suffered, and shift ^{it} hott and hott a
good time and it will disolue *the*
swelling & make it as it was before

130 To heale a sore breast *that* is
redd or swollen *withthe* Ague

Take aqua composita and all to
wash *the* breast therewith then take
wett cloathes in *the* same and euen
as they drie refresh them againe
and you shall find Ease.

131 ffor a swelling in *the* breast
or any parte of *the* body.

Take redd rose leaues, and chickweed of as
like quantity and lay them betweene two hot
tyles and sprinkle vpon rose water &
veneger in *the* bakeing lett it not bee
taken drie but somewhat moist and
compasse all *the* place *that* is swolne
with *the* medicine and it will helpe

132 ffor a fellon

Take an handfull of groundsill a spoonfull
of bay salt & a spoonfull of soote stamp
all these together, and put thereto a yeolk
of an Egg and little blacke soape, and
soe stirr them together, and spread it
vpon a cloath and lay it to *the* fellon, &
it will breake it if it be ripe, or at
the second time att *the* farthest and
vse it noe other salue and it will
heale it.

133 To asswage *the* swelling of
a hand that is like to bee
a ffellon

Take strong ale grounds and crumms
of white rie bread and a little peece
of white soape, and boile them
till they bee thicke and spread it on
a cloath, and lay it on *the* swelling
and it will help you.

134 To make a salue for *the* biteing
of a dog or any manner of
soare

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Take a quart of stronge stale ale, then take
hearbe grace red sage lilly leaues and flowers
sallendine, setwell, selfe heale, valerian
Plantan, Agrimony S^t Johns worte wild
sage, tutsum, bawme, Isope, mints, violett
leaues, strawberrie strings and leaues
marjoram, and woodbine of each like
a good handfull mince ~~them~~ and beat
them fine and straine them *with*the Ale
and wring them hard, then take a good
quantity of Sheepes suett well clarified
and halfe a pinte of well clarified hony
or more and put them into *the* Ale
and sett them over *the* fier and let them
boile till they bee somewhat thike
then put thereto as much vnwrought
wax as you shall judge sufficient to make
it a salue then let it boile a gaine
a good while then put into it a good

quantitie of Turpentine, and a little rossen
and soe let it boile till it bee mete for
an ointment and saue some of it for

for that purpose and let *the* rest
boile till it be made in rowles, and
if you put into it in *the* boileing a peece
of flos vnguentoru *m* before you take
out *the* ointment it will bee better
This keepe for an Excellent and
approued salue

135 A ~~plaster~~ ^{Bathe} either for a legg, Arme
or any other place that
wounded being impostumated
and swolne

Take greene oake leaues, Ivy, willow
Sage, Rosemarry, violet leaues, Rewe &
Mallowes, seeth all these together
in water till they bee tender, then
put it into a close pott, and let *the*
wound that is impostumated bee
held ouer *the* pottt *that* *the* breath of *the*
bath may come to it, and cover *the* wound
that noe aire come out of *the* pott but onely
to *the* wound, and it will disolue it and
take away *the* swelling

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136 for *the* Scyatica

Take *the* rootes and leaues of Sallan-
dine bruse them in a mortar something
fine and boil them in may butter
and take a peece of new buckorum as broad
as *the* place where *the* plai-ce is and boile in *the*
same and annoynt *the* place therewith and lay on
the hearecloth as hott as you can suffer it, and
and bind it fast *that* it fall nott ^{away} and in a weeke
by gods helpe it will helpe you

137 To drie skinne or any raw place

that hath a moyst humor drawing
to it

Take a quart of Smithes water and a good
handfull of sage, of burnt allum *the* quantity
of a wallnutt seeth all these together and
lay on *the* sage leaues vpon ~~the~~ sore
with a wett cloth laid on it, and dresse it twice
a day

138 To take away *the* scabb of *the*
small pox so *that* no holes shall
remayne

Take a peece of salt bacon and wash it in iii
or iiii waters, *the* water being something warme
to take away *the* extreame saltnes then put it
on a spitt and roast it, and haue *the* dripping

dripping thereof in a faire dish, then
take Rue gathered where *the* dew is off
it and if you can where *the* sunne shineth
and stampe it, and ^{take} the Iuyce of it and
mingle it *with* the dripping of *the* bacon in such
quantity as you may make it like greene
oyntment and when *the* pox is full come
out and is a scabb, then take a feather
and annoyte *the* scab *with* this ointment refres-
-hing it soe often as it drieth, and it
will take away *the* scab soe as there will
remaine neither pitt nor spott nor any
shew thereof this hath bin very well
approued.

139 A salue to heale a swelling or
any other ache caused by humors

Take a pinte of sallet oile and a quarter
of a pound of vnwrought wax scrape
you r wax fine and lett it boile on *the* fire,
with the oile till it be molten then take 1/2
a pound of redd leade and beat it to very
fine powdr soe stirring alwayes *the* liquor
strew in *the* powder finely all about till it

bee all in and when it is boiled soe long *that*
it looketh blacke it is enough, then make
you r searecloth, and keepe *the* rest in roulls
for plaisters it dissolueth any humor, but
draw none if you vse it for any acke or

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swelling minister *your* searecloth, but of for
a cutt or any other sore use plaisters for
it is an excellent Salve

To make a greene balme for wound to
incarnate confounding & drieing up
of filth vlcers

Take of aqua composita, oile of roses, and
of venice turpentine of euery one a pint
boile them *with* a soft fire of coales, after
a plan or two put in of verdigrese made
subtle powder one ounce and 1/2 and boile it
to a good perfect substance.

140 To make a sweete blacke plaister for *the*
ranies and heat of *the* kidneys or hott vlcers

Take Corns one pound one pound of *the* oldest
& strongest of savorie oile olive a quarter
new yellow wax 1/2 a pound *your* cervsse finely
and boile it be a goodly blacke browne.

141 A gentle Corasive *which* bringeth in xxiiii
his away with him

Take *the* finest sea sant *that*the salt water couereth
at tide as much as you will, drie *the* same and
grind therof on marble stone one ounce or
two, and then grind as much vitrioll combust
that is greene Coperas, sublimed in acrusiple as
before written euery of them by it selfe

Then mix them and *with*the grease of a barrow
hogg grind them together, and lay it on *the*
plagty to rotten and dead flesh or fattnes in *the*
vlcer take *the* foresai d powder 2 parts, and 1 part
of *the* powder for *the* fistula and temper them together

then take soe much of flos vnguentoru m one of
you r plaister receipt before written as you will
thinke sufficient to receave you r preparson of *the*
powder with a little swines grease, and with a soft fire
of coales relent them, and when they bee in colleing
euer stirr them till they bee cold.

Then shall you haue an oyntment for all spreading &
creeping vlcers *that* be round moist and hollow
to be laid on plaggot, stubbs or tents and
will soone with out trouble or paine cleanse *the*
matter and draw an vlcer of an hand breadth
to *the* compasse of groate in a little while &
for *the* usker care not for it will come out
eate it and forbid the increase thereof with *the*
gentle corasie before written.

And if you put to it your flos vnguentorum and
plaister of mellilott of each an ounce and 1/2
an ounce of vnguentu m althea with *the* ointment
of march mallowes and 1/2 an ounce of Papulium
and may=butter ans swines grease of each two
dramms weight and relent *them* together It shall
be an ointment soveraigne to remoue *the* usker after
it be perfectly mortified and stucke to *the*

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to *the* bottom of *the* vlcer and cause the
to come Easily away

142 A Poulteste for swolne leggs
& red as S^t. Anthonyes fire:

Take *the* broth of a fatt henn sodden in cleane
water a pattle of *the* vppermost, mallowes
a greate handfull or two as your liquor
will searue, boile all till *the* hearbes bee
soft, and *the* liquor halfe consumed, then
put in of oile of Elders with ther flowers
that be in *them* and of oile of roses with their
flowers of each a good handfull saucer-
full and of wheat branne one handfull
thicken it and bray it and it lay it to *the* sore
fott.

143 A medicine for *the* Collicke

Take a little oile of Dill one ounce and
put thereto a aniseed coster and Rue of

each three ounces, and of Commen six ounces
beat all this together into fine powder
and put them all into *the* oile infuse them by
the fire and vse it where you feele greife.

144 A Syrupe for *the* Consumption
of *the* Lung s

Take 1/2 pinte of Alicampane water
as much horehound water and 3
Spoonfulls of Lungworte water &
half a pound of white sugar candy
and boile all these together till they
come to a syrope and soe vse to take
some thereof morning and Evening
and sometime in *the* afternoone if *your*
Stomacke be not too full and it well
preserve you.

145 For *the* Plurisy or Stiche

Take *the* dung of a stoned horse when
it is new dinged a good handfull &
put it into a pinte of white wine or else of
good ale and slice into it a raser of good
^ white ginger and seeth *the* liquor to halfe a
pinte then straine it and giue it the
patient to drinke 3 mornings and
Euenings. Then take for *the* stiche
Iuniper berries and beat them

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to powder and quilt them into little baggs
and when *the* stiche doe flee *the* place
lay alwayes baggs to *the* place you
feeel must greife in, and lett *the* bagg
be sprinkled with veneger and lay as
hott as *the* patient can suffer it. &
when *thee* stich is gone take a blew
list and make it moist with wine
veneger and warme lay it to *the*
plase where *the* stich was, And when
the list is drie, lay to another and
looke *that* you lay *the* liste in water
when yow take them from *the* side &
and wash them cleane and drie them

before you occupy them againe or
else take new list for *that* is best &
use them two dayes

146 ffor *the* stopping of *the* spleene

Take hartstongue a handfull Endive
liverworte and succory of each a hand
full wormewood 3 or 4 croppes bor^age
flowers, buglosse flowers, of each halfe
handfull 2 or 3 fennell rootes 4 or 5
parsly rootes sooth all these in

foure pints of runing water till
be wasted to *the* halfe then strayne &
put therto fiue ounces or six of same
sugar and lett it boile safely halfe an
houre^e and all *the* while it boileth with*the* sugar
let there boile therewith a quarter of
of an ounce of sinamon bruised and as
much spikenard knitt it in a fine linene
cloth and goe to boile in *the* sirrope
of this sirrope drinke morning and
Euening foure or fiue dayes spoonfulls
at a time blood warme and it will helpe
you.

147 To take away *the* raging heate of
burning ague in *the* head or body

Take redd Coleworte leaues and make them no
bro^a der then th e will lie to *the* hollow of *the*
soale of you r foote then spread them with
blacke soape reasonable thicke
Then straw vpon it some bay salt some
what brused and soe lay it to th e both
the soales of *the* feete and bind it *that* it doe
not slipp off and you shall find Ease
very soone this is an approued remedie:

148 A sirrope to coole any *that* is in
an Extreame burning heate

Take leaues and flowers of burrage
buglosse, violet leaues of each an
handfull maiden haire hartes togue

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and succorie of each an handfull a fennell roote and two parsly rootes the pith taken out, a succorie roote and five or six rootes of morsus diaboli, boile all those in 4 pintes of running water till it be halfe consumed, then straine it and put therto sugar and 3 spoonfulls of veneger and lett it boile againe a little and drinke of it morning and evening six or seven spoonfulls at a time blood warme

149 A plaister for a paine in *the* side *that* cometh of *the* spleene

Take an ounce of oyle of linnseed, one ounce of dill, an ounce of Coperes and an ounce of Camolmill and put these oiles to a pound of mellilot plaister and let *the* be cut in small peeces then put altogether into a ^{^small} pott of stone and set them over *the* fire till *the* mellilot be melted then take it from *the* fire and let it stand till it be cold, and when you will use it spread it on a plaister of leather as broad as will cover *the* place where *the* greife is you must continue it if you will have ease.

150 ffor *the* Palsey when it taketh away *the* speech

When any Creature hath *the* palsy entred into *the* tongue soe as he cannot speake take *the* blood of a ffox by sliting of his eares and rub and chafe *the* throate and neck therewith outwardly also *the* wrests of the patien. chafeing *the* it much and it will helpe *the* palsey

151 A medicine to *the* spring of water in *the* stomacke

Take *the* inner skinne of *the* gizard of a

capon and scrape it cleane and drie it
and beat to powder and use to drinke
it next *your* hart with beare or ale &
it will helpe you in a little time.

152 ffor a dropsy of water

Take an ounce of genitam rootes, an ounce
of pepper an ounce of mace and mingle them
altogether and beate them fine and take every
morning and evening as much as you can

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take vp betweene *your* finger and *your* thumbe
and drinke it in a little draught of
Ale or beere and in *the* morning fast an
houre after it and at night take it when
you goe to bed and for beare drinkeing
as much as you can and eate small suppers
and it will helpe you in a short time

153 To Ease any ache in bones

Take white daysies *that* growes in *the* field
and stampe them ~~in a dish~~ rootes and
leaues and take *the* Iuyce of them boile
them in a dish ~~with~~the marrow of a gam *m* on
of bacon *that* lieth ~~with~~the bones therof
straine them through a fire cloth &
annoynt *the* place where *the* ache is

154 To make salue called flos
vnguentorum

Take Rosin and burgundy pitch of
each halfe a pound yellow wax and
frankencense of each a quarter of pound
of mastike an ounce of harts suett a
quarter of a pound of Comphry two dramms
melt *that* is to be melted and powder *that*
is to be powdered and finely sease and
boile them ouer *the* fire and straine

them through a Canvas cloath into a
pottle of white wine with all *the* other

Stuffe, then lett it seeth till all *the* white wine be consumed almost, then take it from *the* fire and let it coole till it be no hotter then blood, then put thereto a *quarte r* of a pound of turpentine euer stirring it till be through cold, but beware *you r* stiffe be but blood warme when you put in *you r* turpentine for it if be any hotter it marreth all *your* stuffe thus make it vp in rolls and keepe it for *the* most precious salve *that* may be made.

155 The veertues of the salve

This intreat is called *the* flower of all ointments for it is good for all manner of malladyes that are hereafter written vizt for old wounds and aboue all other salues it is ~~good~~ most cleansing and well soaking and ingendering flesh and healeth in a sinnight then any other in a month, and it suffereth noe ~~other~~ corruption in a wound, nor any euill flesh to be ingendered therein, It is good for *the* headach and for *the* singing in *the* braines, and for all manner of Impostumes in *the* head or in *the* body and for all manner of aches in *the*

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for beying in *the* eares or cheekes for sinewes *that* be sprung stronge or starck it draweth out any thorne or broken bone or any hurtfull thing in a wound, It is good for all manner of botches, it is good for a canker or noli me tangere, and d it draweth all manner of ach out of *the* liver, spleene and raines, it is good for boileing in *the* member, , it seaseth *the* flix menstruous if it be laid to a womans navill It healeth *the* Emerodes, and is speciall good for to make a searchcloth for gowtes aches or pestilent botches Some say that this intreate of flos vnguentorum was sent from our saviour Christ by an angell to a religious house in Aniania at a place called *the* redd hill where it did maney marvellous cures, and they neuer vsed any other medicine then this onely to cure all diseases, & it is had there this day in very great

estimacion

156 For any bruse either in *the* Eye or any other place coming of a Stripe

Take parsly, leaven bread of wheate, butter, some oile of Camomill, oile of roses *the* yeolke of a raw Egg *the* powder of Commen, dill and anniseed *the* ^{^ soft of a} rotten apple and beat them all together in quantities after *your* discretion, and lay it on *the* place soe brused, and it will take away *the* swelling and bruse in a short time, It is to be v^sed shifted as it drieth. probatum est

157 For sorenes in *the* throate a sirop

Take 1/2 ^{^ a pinte of} *the* Iuyce of great mulberryes & a pinte of *the* Iuyce of blacke bramble ^{^ berryes} bramble and halfe a pinte of clarified honey, and a quarter of a pinte of clarrett wine seeth all this together till they be consumed, and roping and soe doing you may keepe it a yeare or two well.

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158 ffor *the* bladder in *the* the throate *that* swelleth not outward

Take gaules and Bolearmonicke of each a like weight make them in powder and blow a penny weight in *you* throate by a reed or quill and spitt it out, then gargle mulberryes water and woodbine water and vse diett.

159 ffor any ache or straine or cricke *that* cometh of Reume or cold

Take aqua composita and spermyutes and sooth them ouer *the* fire spermevete into it and wash *the* place therwith where *the* paine is that it may drinke into *the* flesh and

vse it soe five six dayes morning and Euening
or longer if *the* paine be greate and wett
the cloath in *the* sunne liquor and lay it where
the paine is and keepe it warme and it will
helpe you.

160 To heale a paine and a webb

Take an handfull of 3 leaved grasse *with**the*
rootes wash them and picke them cleane and
stampe them in a wooden dish. put them into a
brasse skillet *with* a dozen spoonfulls of running
water soe let them simper vpon *the* Embers &
put therto halfe a spoonfull of honney and
as much of a peece of allume

soe lett it seeth a little while then straine
it into a faire glasse and wash *the* Eyes 3 times
a day and it will helpe you, Likewise
the Iuyce of Salidone helpeth if you put
a dropp thereof into *your* Eye and rubb
it not.

161 A plaister for an extreame
paine in *the* head

Take a pottle of malmsey and and a pinte of
white wine veneger two great handfulls
of red rose leaues dried or otherwise a
a saucer full of fine wheatflower flower and
as much of *Commen* finely beaten and
seeth them altogether vntill y they be
thicke, and well spread it on a cloth
then quilt [^]it with another cloath over it
and lay it all over *the* forehead and it
will ease you presently.

162 ffor *the* falling sicknes an approued
medicine

Take an hearbe *that* groweth in *the* low grounds called
Lady treate it groweth with stalke haveing flowers
growing all along *the* stalke wreathing about it
and it must be gathered betweene *the* two lady
daies in harvest , for it groweth but

it *that* time of *the* yeare then drie it to occupie
 it *the* whole yeare, If you giue to any at
 that time whilst it is green bind of *the*
 hearbes to *the* temples and nape of *the* patients
 necke, If *the* hearbe be dried vse it thus
 bind thereof ^{^to}*the* temples and nape of *your*
 necke, with a cloath, then take of *the* powder
 thereof and *the* powder of *the* seed of veruen
 of each a like quantity viz. 1 1/2 a spoonfull of
 them both and put ~~thereto~~ it into a little warm
 broth and drinke it once or twice a day for
the spane of 8 or 9 daies keepeing *the* house
 all *that* while and soe a month after *your* first
 taking of *your* medicine, and take noe aire in
that time, neither must yow eate any fish &
 specially shell fish, nor drinke no new drinke
 neither eate new bread and if it be a child
that is troubled with this sicknes, minister *the*
 aforesai d powder, ^{^with milke} this is approued ~~this~~
 to helpe diuers both young and old

163 Aproued medicine for *the* piles

Take *the* fating of a yeallow hoose *that* hath bin
 much worne cut it of and steepe it one night
 in sacke and hold it to *the* fire as you doe
 a s taste but burne it not, and then
 apply it to the place greiued soe heat it
 as your patient suffer it

164 To helpe *the* shrinking of *the* Sinewes

Take march mallowes an handfull as
 much of Rosemary topps and stampe
 together and after put there vnto May
 butter moulten and soe mingle them well
 together and let it stand tenn dayes then
 seeth it with a soft fire till *the* strenght
 of *the* hearbes be gone when it is soe well
 sodden take and wringe it thorow a canvas
 cloath and soe put it in an earthen pott
 to keepe

165 To make them heare *that* is
deafe

Take an onyon and make a coare therein
that is take out *the* coare thereof and then
put therein a quantity of aqua vite
of oile debay, a quantity frankincense
and sett *the* onyon in *the* hott embers and
when it is roasted wring out Iuyce
and put *the* dropp or two in thine eare
and lett thine Eare lie downward

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166 A soueraigne medicine for *the* Stone

Take vnsett leekes *the* whites and hearbes
and all and still them and when *the* fire
is out of it drinke it fasting, and for
those that can not make water still
young cloues of garlicke and let the
sicke drinke it this is an approued remedie

167 A speciall good medicine for a

sore breast *that* is broken

Take *the* middle barcke of Elder tree and
and night shade and beat them together
and straine it then take *the* yeolke of a new
laid Egge and life honney and fine wheate flow^re
and mingle them together *with* those hearbes
aboue written and make a plaister of
linnen cloth and lay it to *the* sore with out
warmeing it if there be any dead flesh
in it take running water and seeth it with
a little allome and 2 or 3 handfulls of sage
and with this water wash *the* place that
sore and then lay *the* plaister to it and
if *the* breast bee stiffe annoynt it *with* *the*
oyle of a beast feete to supple it.

168 ffor *the* Bone ach or any other

Bruse

Take two handfulls of daisyes an handfull of crane fery an handfull pimpernell an handfull of brocklime and stampe all these hearbes together very small, then let them stand soe 3 or 4 dayes close in a pott stoped then take them out and put in a skillet of a pottle and boile them with a soft fire till they wax greene with a pinte of May butter and a saucer full of oile oliue and then straine it through a cloth and soe put it vp in a pott

169 To make a Cake

Take halfe a pecke of fine wheate flowre which will ? ^ good quarts put to *that* 4 pound of Currans 6 ounces of loafe sugar a pound and halfe of new butter which must be broke and rubbed soe small *that* none can tell whether there be any or noe, then put two grated nutmeggs, *the* same quantity of cloues and mace, a pinte of creame blood warme a pinte of new ale barme beaten with rosewater 2 dram *m s* of ambergreece, soe mould it vp and couer it warme and lett it heaue whilst *the* ouen is heating which should not be too hott nor aboue

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two houres must *the* Cake be in the oven, then wett it well with rosewater and straw it thicke over with loafe sugar doe not touch it to presse it that will make it heavy

170 To preserue Quinches white and redd

Take Quinches, pare them, and coare them, then take as much sugar as ^{they} will weigh, put to it as much water as will cover them, those which you will have redd, boile very leasurely close covered, them *that* you will haue white boile very fast vncovered, vntill they be siue tender you may pricke them through with a rush, then take them vp, and boile *your* syrrape vntill it will button vpon a dish=side, and when

they be almost could put them vp.

171 To roast a legg of mutton

Pare a hole out of *the* legg of mutton take *that* meate parboiled, mince it very small as for pey meat, take a pointe of great oysters parboiled a little, take halfe of them minced with *your* meate, take a little marjorum Time, savory, and *the* yeolkes of 3 hard eggs mince *withthe* hearbes a little ginger, and sugar, a pretty deule of nutmege orange or lemmon

Lemmon peelee minced small a little grated ^{or} bread , then take a penny pott of white wine, temper *the* puding with halfe of it, and put it with *the* hole of *the* mutton and roast it, then you have ready *the* rest of *the* wine, and uisters, and sauce of *your* puding, and marrow a little orange pell and straw them together for *your* sauce soe searue it with slices of orange or lemmon, You may stufte a breast of breast of veal with this puding.

172 ffor *the* spleene an approued medicine

Take topps and flowers of wood Betonie keepe them drie all *the* yeare, when you vse them take an handfull thereof, and boile it in Alepose from a quart to a pinte, the put to it two spoonfulls of syrup of marrygolds, and drinke it two nights at goeing to bedd two nights or more as you find occation, onse makeing will searue twice.

173 To make *the* ^{^ greene} o intment

Take of sage one pound, of Rue one pound, of wormewood halfe a pound of bay leaues halfe of S^t Johns worte halfe a pound of Rosemay of Camomill flowers, of dill, of each a good

melilot flowers a good handfull, chop all these together as small as may be, and after put into *the* hearbes of sheepes suet cleane pickt *the* weight of all *the* hearbes. Stamp all together in a stone mortar till none of the suett bee seene and what waight the suet containeth the same waight you must putt of pvre oyle of olives and Odoriferous worke these together in an earthen pan cover it close stopp it with clay *that* noe aire gett in and let *the* same stand seaven daies then take it and breake it forth into a faire brasse pan and put 2 or 3 sawcer of faire water in sett it on a soft fire till *the* hearbes grow hard, then straine it into a gally pott and after put into it of oile of violettis odorifferous oile of lettices oile of roses of each an ounce of oile of Spike halfe an ounce, oile of Dill one ounce and halfe, stirr all these together and put it into a gally pott for *your* vse, and into *the* place greived *with* *the* bignes of a hazell nutt at a time *which* is enogh, It must be well chafed in *with* warme hand, lay a linnen cloath vpon it and keepe it warme.

174 To make a plague water *which* is an Excellent Cordiall

Take sage, sallandine, rosemary, rue, red pimpernell, wormewood, mugworte, scabious Agrimonie, balme, Centurie, bettonie, leaues and flowers, Carduus benedicty, Dragon, sorrell, scordium rosarum, speare mintes, mary gold flowers of each a handfull wash them and shake them in a cloath then shread them put them into an earthen pott then take rootes of Angellico Pianie and Allicampane shread of each halfe an ounce slice them and put them to *the* hearbs then put to them as much good white wine as will cover them, then stop *the* pott very close and paste it soe as noe aire gett in to it sett it in coole place 2 days and two nights, then distill it in glasse still, with a slow fire, it will be very good in a rose still, but not soe strong, this qua *n* tity will be about 4 quartes of water, keepe yt first run *n* ing by it selfe till cast it grow smalle

The second runing is for children, f̄or to a child
you may giue 4 or 5 spoonfulls, to an Elder

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body seauen or Eight of *the* strongest
being a little warmed with a little sugar in
it, you may if please draw a third water
which will be very good to put to your hears
the next stilling it is too small for any
other vse.

To make Doct̄r Stevens water

175 A Receipt for *the* Canker

Take a handfull of Strawberry leaues one
handfull of sage, a handfull of woodbine
leaues, one handfull of sweet mayd, a handfull
of plantaine leaues 3 or 4 rose mary branches
the bignes of a walnutt or 2 of Allum two
Spoonfulls of honey, boyle *the* hearbes in a
pottle of spring water to a quart then disolue
your hony and Allom into it, and this water
will cure *the* Canker.

176 An Excellent Cordiall for *the* plague

Take 4 ounces of *the* Conserue of wood sorrell, and
put to it a shillings worth of *the* best Medridate mingle
them both very well, then put it into a gally=pott
stopp it very close, and put it into a skillett of boiling
water, after it is taken off *the* fire, and leaue it there
three or four howers and then lay it vp, If you bee ill
and feare *the* sicknes take *the* bignes of of a good Nutt,
and sweate in a moderate way, and twelue houres after
drinke it a great draught of strong drinke, and with
stone horse dung strained into it.

177 ffor a scyatica, Ach, greene wound sore
breast or bruse

Take a quart of Sallett oyle a pound of
redd lead, *the* bignesse of a good nutmegg
of Rozin boile them all to a pinte with a
soft fire, to avoyd faming, still stirring it
with a sticke, and when it is boiled well it will

follow *the* sticke being drawne like a haire
then take it off and put a peece of B Lockram
that was neuer worne nor washed into it, to take
it all vp then anoynt a table with butter and
spread *the* lockrum thereon, and roll it vp
after and it will continue good twenty yeares

178 To make good Alliger

Take *the* strongest of *your* wort before it be boiled
and when it is cold put barme to it, and to twenty
quarts of Alliger put a quart of beanes brused in
a mortar and good handfull of Elder leaues bound
vp, with a thread, then put all into a vessell stopt
close, and it will be very good Alliger.

179 To make *the* best Alliger which must
be made *the* beginning of *the* yeere

Take *the* strongest of *your* worte and boile it and
then mesh some mault in a keene by it selfe with
the worte *that* you formerly boiled, and when it is cold
put barme to it and to euey 20 quarts of this put
one quart of beanes brused in a mortar and a good
handfull of Elder leaues tyed vp with a threed soe
tunn it vp in a close vessell, and sett it in *the* sunne
where it may receaue *the* greatest heate.

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180 For *the* greene sicknesse

Take 2 ounces of powder of stolle and of
ginger; nutmeggs, sinamon, Cloues and Make
of either of those a like quantity, they all
must bee somethinge more then thes Stolle *the*
spices must be pounded very small and sifted
through a silke sea[^]ce or fifiny then mingle
them *with*the st lle and add a pretty quantity
of *the* maiesty of pearle and as much powder
of Courell, Then take *the* weight of all these
things in white sugar Candy pounded and mingld
them together and let *the* party take a pretty
quantity in a spoone with a little strong beere
and take a good draught after it and stirr very
well take as much in *the* afternoone about
four a Clocke and be sure *that* you use some

Excercise after it.

181 To make good Sassage

Take *the* flesh of a logg of porke and put to it three pound of beefe suett and when they are minced very small take a handfull of sage and a quarter of a handfull of time and halfe of sweete Mar iorum, all these hearbs very small shred then grate one nutmeggs *with* pepper and sale as much as you shall thinke fitt, blend all together, then take three Eggs beat *the* white *with* it very well then put all togeher and worke it *with your* hands like dough till all be very well mingled, then put it up in an Earthen Crocke and when you would

would spend any of it roll it as long as you please, then fry it in *the* frying pann as much as you please it will keepe a h whole fortnight very well

182 To make a neatsfoate pudding ffor the Goute

Take of mallowes, cheekweed, hemlocks and houseleeke of each a handfull, boyle these in the grounds of strong beere, *with* half a pound of Mutton suett, bath *the* ffoote, *with* the liquor & putt the poultes to the ffoote, vse this thrice a day morneing & evening./.

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three or foure tymes, & when you have thus done put them into a pott with two gallons of water & when it is ready to boyle, be sure take off all the scum and fatt, then keep it boyling softly, & bee very carefull to scum of all the fatt you can possible still as it boyles, & when you find that it is boyled much away, take a little of it up & sett it a cooleing, & if it bee stiffe, take it & strayne it, through a linnen Strayner, & lett it stand till next day then take off the topp, & bee sure to leaue as much as you see to bee black and drosse at the bottom putting the rest into a new pipkin & putt to it a pinte of strong sack as much loafe sugar as will sweeten to your tast *which*

must bee extream sweet, putt to it the whites of a douzen eggs well beaten, take also three or foure nuttmeggs, three or foure races of ginger, some sinamon bruise all these in a mortar, then tye them up in a woollen bagg & putt it into the pipken with the rest of the things, then sett the pipken upon the fire, & when it boyles bee sure to take off all the scum, & when it hath boyled about halfe an houre take it off & strayne it through a woollen bagg & if you will have it coloured you may colour a good red with scutcheneale, & a yellow with saffron, you must vse *your* scutchineale in this manner, bruise it in a mortar & then putt it into a fine ragg & lay it a little while to sleep in two or three

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Spoonfulls of rosewater, then take out the ragg and putt your Jely to the rosewater, and thus you may make two reddes a lighter & a darker in this Same manner must you vse your Saffron you you must strayne your Jely into shallow pannels or glasses that it may cutt out the handsomer

188 To make past of Geneway, some like leaves & some like plums with stakes & stones, some white plums and some redd

Take yellow peare Quinces & parboyle them, reasonable tender, & when they are could pare them & scrape the pulpe from the Core, then strayne it, then take as much sugar as the pulpe doth weigh & boyle it to a Candy height, then putt in the quinee pulpe of your quince into your hott sugar, & soe lett it boyle with stirring it till it begin to runne from the bottom of the pannels, then fashion it upon a pye plate, some like oaken leaves & some like fruites, then dry them in an oven after you have drawn bread, the next day turne them & putt them into the oven againe, & soe when they are all through drye you may box them & keep them all the yeare.

189 To make past of pippins of the Geneway fashion that you counterfeit all ffruites

Take pippins & pare them & quarter them & cutt the coare out out of them tender betweene two dishes on a chafing dish with coales, putt in a little rose water into the

boyleing of them, & when they bee boyled tender strayne them, then take as much suger as that pulpe

doth weigh & boyle it to a Candie height, then put the pulpe of your pippin into that hott sugar, & soe lett it boyle a little while with stirring it, dropp it in small round dropps vpon a sheete of galsse or vpon a sheete of whyte plate, & putt them into an oven or stove, the next day turne them, & putt two of them close together, putting in every one of them, a stake, a stone, Soe you may preserve the Apricock or peare plums if you please to make red plums you may colour some of your stuffe with a little conserve of barbaries

190 To make past of Eglintine in the colour of Corral

Take the reddest Berry that growes vpon the bryers before they bee ripe, & cleave them through the midst & take out all the seedes & scrape them very well clean & boyle them very tender in clarett wine & rose water, then strayne them & dry them vpon a chaffing dish with coles, till they bee reasonable dry, then when they are cold worke them vpon past with fine sifted sugar, then roll them vpon swanns Quills or small reedes then dry them before the fire & when they be somewhat hard then draw out the quills and lett them dry before the fire when they bee full dry you may box them & keep them all the yeare.

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191 To make of past Alicampane

Take your Alicampaine smallest rootes and boyle them reasonable tender, then pill them, & pith them, then beat them in a mortar, take twice as much sugar as that pulpe doth weigh & boyle it to a Candye height with as much rosewater as will melt it, then put in your Alicampane to your hott suger, with the topp of a pinne; & soe lett it boyle a little while together till you see it allmost stiffe as Marmaladd then dropp it in dropps one a pie plate or a sheet of Glasse, soe dry it in your stove or oven then may you keep it all the yeare. It is an Excellent past against the Cough of the Lungs

192 To make past of Apricocks, peares, and plums,
peare plums or any other plums that shall
looke as cleare as amber

Take your faire yellow Apricockes or white peare
plumb, pare them & stone them, and boyle them on a
chaffing dish with Coales tender, then strayne them
~~and~~ then dry the pulpe on a dish, then take as much sugar
as the pulpe doth weigh, with as much rosewater as will
melt the suger, then putt your apricock or plums into
your hott sugar, & soe lett it boyle together with stirring
it then fashion it on a sheet of glasse like halfe
apricocks, & soe put them into a stove or a warm
oven & the next day turne them & clo?e two

halves together & when they are through dry they
wilbe as cleare as amber & if you please you may
put the apricock stones in them & they will looke
like dried apricock stones & you may keep
them all the yeare

193 To make all kind of conceipts as marchpanne
pies, Birds, Basketts, Collopps & eggs & some
to printe with Moulds

Take halfe a pound of Marchpan past made as
hereafter is written, for your Marchpan make some
like pies & fill them with little peeces of marmalad,
cast Biskett & Carraways in them & guild them and
fry them, you make some like Collops of bacon, soe
that you colour a peece of past red with a little
redrossett & soe lay a peece of whyte & red past one
vpon another then cut it in slices & the red being
mingled with the white it will shew like interclardy
bacon fatt and leane & some you may printe with
mould

194 To make Marchpan to guild him & garnish him
according to the Art of Comfettmakers

Take two pound of Jordan Almonds blanch them & beat
them in a stone mortar, till they begin to come to a fine
past, then take a pound of fine sifted sugar & putt in
the Morter to your Almonds & soe beat it till it come

to a perfect past, couer your marchpan in a space as big as a charger, then cutt it round by that charger, & sett an edg about as you doe about a tart, & a bottom of wafers vnder him, then bake it in an oven in a bakeing pan, & when you see your marchpan is dry & hard take it out of the oven, in the bakeing pann & vse him with rosewater & suger being made as thick as butter for fritters & soe spread on him with a brush made of bristles or else with two or three wing feathers & soe putt it into your oven againe & when you see it rise vp white and high then bake it out of the oven and garnish it with some pretty couceipls stick some long completts vpriight in him guild him & soe serve him

195 To make Prince Biskett

Take a pound of fflower & a pound of fine searged sugar & eight eggs with three of the whites taken out and six spoonfulls of sweet cream putt them together & beat them in a wooden bowl with a wooden ladle or great wooden spoone, & when it is beaten three quarters of an houre putt in an ounce of anniseedes, being rubd dried and dusted & when you are ready to fill your coffins put in your seedes, - & when you have filled your

coffins bake it in the oven one halfe houre. if you will make some cracknell to drinke wine withall take your pewter mould *which* you doe comonly print your Quod make withall, indore them with a little melted butter & poure your butter into the molds as thin as you can, & soe bake them in an oven and when you see they are baked then you may take them out of the moulds & lay them vpon sheetes of whyte paper & soe lett them dry in the oven halfe an houre till you see they bee as dry as Crack=
-ndron & soe may you box & keep them all the yeare

196 To make ffrench biskett

Take halfe a peck of fine flower, two or three spoonfulls of ale yeast, the yolkes of two or three eggs, a peece of sweet butter & soe make it vp

into perfect past as thick as for manchetts, then make it vp in a long loafe & bake it in the oven & when it is a day old pare it & slice it in cakes, then rubb it with powdered sugar, & soe dry it in the oven againe vpon a latice of wier or on baskett=-makers rodds, & when you see that it is very dry & hard then rub on it white powdered sugar againe then you may box it & keep it all the year.

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197 To make biskett Iellew

Take a quarter of a pound of double refined sugar being beaten and finely searced with two graines of muske a graine of Civett & a graine of ambergreace, beat all this to a perfect past with a little Gumdrugon steeped in rosewater afterward make it vp in little loaves in the fashion of a mancett & so bake them in an oven, & when you see them rise vp white and high take them out of the oven & they will bee as white as snow, & as light as puft and they through dry you box them and keep them all the year

198 To cast all kindes of conceipts in sugar workes

Take halfe a pound of double refined suger & boyle it to a candie height with as much rosewater as will melt it, then (your molds being watered two houres before) poure the sugar into the molds & when it is cold you may take them out, & they will be like birds & beasts, according to your molds, these garnishing conceipts you set forth your marchpan with,

199 To cast all cas kind of frutages hollow in turned workes & to put them in their naturall Colours

Take your molds being made of Alabaster even the mold being in two peeces, your mold being

watered, & your sugar being boyled to a candye height fill the one halfe of your mold with hott sugar &

turne the mold round about with your hand and the
fruites wilbe hollow

200 To make muskadine Comfitts

Take two ounces of double refined sugar, being
beaten & finely searged with a graine of muske &
a graine of Civett & a graine of ambergreace &
beat all these to perfect past, then mold them thin
that you see your knife through them then cutt
them in square peeces like Lessings then dry
them before the fire two houres then you may
box them & keep them all the yeare

201 To make Quidinock a rubie colour to print with
molds that you may keep them all the yeare

Take two pound of pippins being pared and cutt in
small peeces, then putt them into a pipkin with as much
faire water as will couer them & when they bee
boyled tender strayne all the liquid substance from
them, & into every pinte of liquor put halfe a pound
of suger, and soe lett it boyle leasurely being close
couered till it come to the Colour of Clarrett wine
then vncover it & lett it boyle as fast as you can
till you see it as thick as Jelly and then take it
off the fire and coole it a little & poure it into
your moulds that bee made of wood you must

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boyle your molds first & if they bee of linin
you need not but wett them, & when your Jelly is
cold take them vpon a wett trencher & convey
them into your box and soe you may keep them
all the yeare.

202 To make Quidinock of goose berryes, rasberrys
or English Corrandis

Take your goose berryes or rasberryes or English Corrants
and putt them into a stone pott with a narrow mouth
and soe putt them into a pott of seething water other
wise called Balnea Maria & lett them boyle till
they bee tender, then pour away the liquid substance
from them & to every pinte of that liquor putt halfe
a pound of sugar & soe lett it boyle till it come to

his colour and thickness, then print it with your molds then box it & you may keep it all the yeare. This is the way to make Quidinock of all sorts of plums, but you must draw the Quintescense or Spiritt of them for they are of a stronger body then the other fruit and therefore they must have water & that will make them runne the clearer throughout your strainers before you putt your suger into it

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203 To make white violett Cakes, rosemary cakes cowslipp Cakes, or cakes of any sorte

Take four Ounces of fine sugar & boyle it with as much rosewater as will melt it, till it come to a candye height, then putt in your flowers, & lett them a little together then the sugar wilbe the colour of the fflowers, then pour it vpon a wett plate, & cutt it like Losinges, & when it is cold the wast peeces you may beat to powder & soe searce them through a fine siue, then worke them in past with a little gumdraggon steeped in rosewater & when you haue made them vp in past roule them & print them with molds & soe dry it & when it is dry it wilbe the colour of the flower and tast of the flower, in this sort may you make past of any sort of flowers.

204 To preserue Quinces redd

Take faire yellow Quinces & pare them & core them, then putt them into a preserving pan, to as much clarified sugar as will cover them, euery pound of sugar must be clarifyed with an alepint of faire water, & soe lett them boyle close covered very leasurely, & now & then to keep them from spotting take off the scum with the back of a

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spooone from them, & when you see them very tender & redd take them vp & cover them & lett your Syropp stand a cooleing & when your Syropp is cold pott them & soe you may keep them

all the yeare.

205 To preserve pippins whyte

Take foure large yellow pippins & boare an hole through every one of them then pare them & as you pare them throw them into a Bason of setthing water & lett them boyle a Walme or two in the water & putt them in as much clarified sugar as will cover them & soe lett them boyle till they bee tender, then take them vp & boyle the Syropp by it selfe a little and when they bee cold pott them & they will keep all the yeare.

206 To preserve pippins red

Take faire large pippins & boare them through & pare them, putt them into as much clarified suger as will cover them, & putt into them a peece of old Cynamon three whole Cloves, a graine of musk, and soe lett them boyle close covered till they bee tender, lett them boyle very leasurely and they will looke very oriently & red, when you see that they bee tender and

looke redd, take them vp and lett the Syrop boyle a little, & soe lett it stand till it bee cold then may you putt them & keep them all the yeare.

207 To preserve pippins greene

Take your pippins when they bee greene, & codling them in faire water boyle them first before you put them in, & codling them reasonable tender, but you must shift in two, hott waters before they bee tender for if they remaine long in one water they will turne, when you see they bee reasonable tender ready to eat, then take them vp & pill of all the skin as you doe of a codlin & then throw them into as much clarified suger as will cover them & soe lett them boyle leasurely halfe an houre, then take them vp & boyle the syrop a little by it selfe, and when your syrop is cold you may pott them & keep them all the yeare.

208 To preserve pomcitrons or musk melons

Take your pomcritrons or muskmelons melons & cutt them in halfes or in quarters, & soe pare them & throw them into a bason of hott water & as you pare them & take out the meat of them par boyle them reasonable tender in faire water, then putt them into as much clarified suger as will cover them, & soe lett them boyle

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Three quarters of an houre very leasurely & that will make them looke very well & when they bee cold you may pott them & keep them all the year.

209 To preserve green Wallnutts before they bee sheld

Take your Wallnutts before they bee sheld, when you may prick a pin through them, then prick them full of holes with a great pin, then through them into a possnett of seething water & lett them boyle apace vncovered till they bee tender, seething them seaven or eight times out of one water into another, you must nott let them long in their waters for the water will make them black, & when you see them tender take them vp & dry them with a faire cloath, & soe putt in euery one of them three or foure cloaues, & putt them in as much clarified suger as will couer them, putt into the sugar a graine of muske & soe lett them boyle halfe an houre leasurely, then take them vp & sett your syrop acooleing, when it is cold you may pott them & keep them all the yeare

210 To preserve yongue Hartichocks

Take *your* Hartichocks when they bee as big as yonge little apples, & boyle them tender, & shift them oft to

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take away the bitternesse from them, then putt

them into as much clarified suger as will cover them, then lett them boyle leasurely an houre, then putt them into an earthen pipkin all night, the next day in the morning take them vp & boyle the Syrop a little higher by it selfe, when it is cold you may pott them & keep them all the yeare

211 To preserve Goosberryes, rasberryes or English Corrants

Take your goosberries, rasberries or English corrans, & putt them into a bason with as much clarified suger as will cover them, & putt it vpon a pott of seething water, & lett it boyle leasurely close covered till you see your fruit very tender, then take vp your freuites & putt a little apple water among the syrop, soe lett it boyle till it be as thick as Jelly & when it is cold you may pott the fruite & keep them all the yeare

212 To preserve malicattoones

Take your mallicattoones & boyle them very tender in faire water, & lett them stand till they bee cold; then take a pinte of apple water & two or three spoonfulls or orange flower water, & putt into it a pound of

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clarified sugar, & soe let them boyle vp, then putt the Malicattoones into the syrop, & soe lett them boyle leasurely, & when they bee boyled tender take them vp & lett your syrop stand till it bee cold, & it will Jelly very finely, then you may pott them & keep them all the yeares.

what fruit soever you preserve you shall find that if you pott a little appewater into your syrop it will Ielly excellent well & shew very orient & make your fruites keep from molding & will continue all the yeare with thick syrop

213 To preserve Barbaries without stones

Take your barbaries being large & well coloured take a square needle as glovers doe sowe, & put into a stick & stone your barbaries & putt them into a bason with halfe a pinte of water & six spoon

fulls of rosewater, & soe when they bee boyled
tender wring all the liquid substance from them
and to every pint of the sugar putt a pinte and
four ounces of sugar, & soe make it into a sirrop
then putt in your faire clusters of barbaries being
stewed into the syropp, & soe lett them boyle leasurely
till they bee tender then take them vp & let *your* syroopp
boyle a little higher on the fire & when it is cold you
may pott them & keep them all the yeare

214 To preserve wardens or great large peares

Take a wine quart of faire water, a pound of sugar, in
like sort to euery pound of suger besure to take a quart
of water, when you have clarifyed your suger & made
your syrop very cleare putt in your Wardens being pared
and lett them boyle very leasurely close coloured till
you see them come to a very good colour & tender
withall, allwayes turning them to keep them from
spotting, when coole, & when your Syropp is through
cold you may pott them & keep them all the yeare

315 To Candie grapes

Take some of your grapes before you putt them into
your syrropp, being dry & lay them in a lattice of
wine, lay your lattice vpon a deep platter dish & soe
take fine suger being boyled to a candie height
& sprinkle it with a brush vpon your grapes and
cast suger candye vpon them, being beaten in
peeces somewhat small, then dry them on your latice
in an oven one day, but take your dish from vnder the,
& lay your Wier crosse vpon two billettts that the heat
of the hearth of the oven may come vnder them & over them
then in the evening you may box them & keep them all
the yeare

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216 To candie pippins that shall looke as cleare as Amber

Take faire large yellow pippins and pare them & bore
a hole through them & putt them in an oven earthen
platter into the oven, strow fine sifted sugar vpon
them, then sprinkle them in a oven lett your oven bee as

hott as for manchetts, stop vp your oven & lett them remaine in your oven one half houre, then take them out of the dish & lay them on a lattice of wire or baskett makers rodds, & soe lett them dry two or three dayes till they bee full dry then they will looke as clear as amber & bee finely candied & you may keep them all the yeare

217 To candie apricockes or prepare plums that shall looke as cleare as amber

Take *your* apricockes or peare plums & giue every one of them a cutt to the stone, in the hollow of the plums then cast powdered sugar vpon them & bake them as aforesaid then take them out of the dish & lay them one by another on glasse plates & soe dry them in the oven in three or foure dayes they wilbe through dry & very finely candied, if you can gett glasse made like marmalett bones to cover them that they may lye over them they wilbe the sooner candied, this is the manner to candye such fruites

218 To make marmalad of Quinces

Take faire yellow peare quinces & boyle them tender in their skinns and when they bee cold pare them & scrape all the pulpe from the Quince & take as much sugar as that pulpe will weigh & boyle it to a candye height with as much rose water as will melt your suger, then putt in the pulpe of your quince into your hott suger, & soe lett it boyle with stirring till you see it stirr from the bottom of the panne that you boyle it in, then box it & putt it into your oven or stove vncovered & it will make crust on the Topp, & when you see it hath beene drying two or three dayes & you see it dry on the topp cover it & see you may keep it all the yeare

219 To make rough red marmalad of quinces

Take a pound of yellow pear quinces being pared cutt them in small square peeces, & putt them to a possnett to a wine quarte of faire water, & a pound of fine sugar & soe lett them boyle very tender close covered till you see your syrop very redd & your quinces very tender, then putt in the other halfe pound of sugar

into, & soe lett it boyle apace with stirring it till
it come from the bottom of the possnett, then you may
box it & keep it all the yeare & it wilbe as cleare
as Quidinock.

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220 To make marmalett of Oranges or Lemons

Take your oranges or Limmons and boyle them
tender & shift them in the boyleing in seaven or eight
waters to take away the bitternesse from them, & when
they bee boyled very tender stamp them in a stone
morter with the pape of halfe a dozen pippins, then
strayne them through a peece of cushion canvasse,
then take as much ^{fine} suger as they will weigh &
boyle it to a candie height, with as much rose=
water as will melt it then putt your Limmon
pulpe or orange into your suger & soe lett it
boyle with stirring it till it come from the
bottom of the posnett, then you may box it &
keep it all the yeare

221 To make marmolett of Damsons

Take a pound of damsons being stoned, & the
skins off them & boyle them tender on a chafing
dish with stirring it putting in a little rosewater
in the boyleing, & soe pap them *with* the back of a
spoon in the boyleing of them, & when you see
the pulpe of the damsons grow somewhat dry
then take as much suger as it weighs being beat
to fine powder & soe boyle it apace with stirring
it till it come from the bottom of the vessell that you
boyle it in to the top then you may box it & keepe
it all the yeare.

222 Another way to make marmalett of Damsons or any other sort of plums

Take a pott of damsons & halfe a dozen of good relish
apples & bake them in an oven in an earthen pott
then strayne it, then take as, then take as much
suger as the pulp doth weigh & putt among it *with*
a little ginger beaten, & soe boyle it to a marmalett
& box it & store it & you may keep it all the
yeare, if you please you may sweeten it with fine
suger, ginger, a little rosewater, and soe boyle it

together but not halfe soe high as for marmalett
and soe you may keepe it all the yeare.

223 To make Court ffritters

Take a pint of sack & make a possett with sweet
milke from the Cow, then take the curd of that
possett & putt into a bason with the yolkes & whites
of halfe a dozen eggs, seasoned with a little nutmegg
& soe beat it with a birch rodd till you haue beaten
the possett curd & eggs well together then putt fine
flower into it as butter for fritters, & take clarified
beefe suett & then boyle them as you doe other comon
fritters & they will eat delicately, shave suger on
them & soe serve them

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224 To make another kind of court fritters

Take a pinte of very fine flower & two or three
eggs, & boyle them in sweet butter as you doe a
hastie pudding, & when you have boiled your flower
& eggs in the forme of a hasty pudding then putt
it into a stone mortar & putt in it the yolkes of
halfe a dozen eggs season it with a little nutmegg
& a little suger, & when you haue beaten these well in
a mortar together, putt it into an Iron spout that
hath Iron on the end of it like a crosse [^] or mallett, soe
spout it into your hott lard, & you may throw in
Knots in spouting & when they bee boyled in lard
serve them & shave suger & they will eat most
delicately, & they will marvayle how you make
them because they come in knotts, a plaine
fritter spout will make them

225 To make pancakes that shall bee soe crusty that you may reare them

Take a pinte of fine white flower, the yolkes of
six eggs, & th3e whites of two, make all this to
butter with a little warm water, a little sack,
season it with a little cloves, mace, & nuttmegg,
when you haue made them into butter, bake them in
the least frying pan you can gett, bake them not
too much, then boyle them in lard as you doe

your fritters, & when you haue done them they
wilbe as Crispe as wafers & they will marvaile
how you make them soe crispe

226 To make white ginger bread

Take halfe a pound of Almonds, blanch them & then
beat them in a mortar till it come to perfect past
putting now and then one spoonefull of rosewater
to keep them from oyleing, season it with cynamon &
suger, the weight of six pence in annellseedes &
liquoras, all this being beaten to perfect past, roule
it & print it with your molds, then dry it in your
oven a little and soe friue it

227 To make white leach of Almonds

Take Almonds being blanched out of the cold water
& beaten in a stone mortar putting now & then a
spoonfull of rosewater, then take a pinte of sweet
milke from the Cow, & straine your almonds withall
then beat the rest of your almonds & straine that
milke till you haue taken all the substance out of
your almonds, putt your milke vpon a chafing
dish with coales, with two ounces of Isinglasse four
ounces of sugar, a peece of whole mace, a graine
of muske, & soe lett it boyle leisurely on a chafing
dish of coales halfe an houre, then lett it runn

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through a strainer into a faire boyle meat dish..
soe when it is cold you may slice it & friue it
vpon a glassse plate, or your Cooke may friue
it vnder covers of puff past.

228 To make Christall Ielly

Take four calves feet & flea them, & lay them in
faire spring water, lay with them a knockle of
veale, shift it in halfe a dozen waters, take out
the fatt betwixt the claws but doe not breake
the bones, for if you doe the marrow of the bones
will staine the Ielly, when you have soaked &
pickt them cleane boyle them very tender in Spring
water, & when they bee boyled take them vp, & you
may vse them at your pleasure to eat, & lett the

broth stand in an earthen pipkin till it be cold,
then take away the bottom & the top, & putt the
clearest into a pipkin, putt into it halfe a pound
of suger candie, three dropps of nuttmeg oyle &
three dropps of of oyle of mace, a graine of musk
& soe lett it boyle leasurely a quarter of an houre
then let it run through a Jelly bagg into a silver
dish, or into little carcles, the lumps being
taken out *with* a childs spoone, & this is *the* best
way to make your christall Jelly.

229 To preserve green Codlings

Take green codlings the bigness you like best, cutt off
the *topps* of the stalkes & putt them, into a pinte
of faire water close couered, & sett them on the fire
till they bee ready to seeth, then take them off and
pill them, putting them into the same water againe
then sett them againe on the fire, till they are hott,
then take them off againe & lett them stand covered
till they are allmost cold & vse them after this
manner, setting them on the fire and taking them
off till they bee almost as greene as you will
have them, then take their weight in sugers putting
halfe of it into the pan wherein you preserve, then
put the codlings to that suger, & straine the remainder
on them, putt in thereto as much of the water
& when your suger is melted boyle them vp as
fast as you can & being done putt them vp in glasses

230 To make Limmon cakes

Take halfe a dozen of Lemmons if they bee cleane
without spotts, wipe them cleane & if they have
spotts ~~cleane~~^{scrape} them, & pare the thick rind of them
& pound the rind in a stone mortar & as they begin
to bee small in the beating you must putt in some
Iuyce of Limmons, it will make them beat the
better without lumps, *your* sugers must be beaten small

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small searsed and preserved with ambergreese and muske
ready to be put into past. you must ^{putt} in as much sugar as
will make the past stiffe enough to make pasteeles to
make them vpp in little cakes, and dry them from
the fire;

231 To make an excellent good Jelly

Take three Gallons of faire watter, boyle in it a knockle of veale a Calves foote sliced in two. lett it boyle till it come to hard Jelly, then take it & straine it from *the* meate, & lett it stand all night, and the next morninge take awaye *the* topp and bottom, take to every quart of this Iell halfe a pint of sherry sarhe halfe an ounce of sinamon and soe much sugar as will season it, sixe eggs *the* white of them well beaten mingle all these together, then boyle it halfe an houre and lett it runn through your Jelly bagg.

232 To make mushrooms.

Take almonds blanched & beaten with a little rose watter and as much sugar as Almons, then drye them on a Caffenige dish of Coales, then take *the* whites of three eggs being very well beaten *which* is a *proortion* to halfe a pound of Almonds when *your* Almonds are reasonable dry

dry but in the froth of the eggs, then stirr it together well, then put it on a pyplate in Lossinges, and soe bake them, and when you thinke theye be enough take them out and putt them in a dish and set it at *the* mouth of an oven, /

233 To preserve ripe Apricocks

Take to them their wight of sugar pounded very small. Stone them and pare them, and putt them into a plate straw *the* sugar on them and lett them stand till the sugar be almost melted, then lett them on Embers and when it is melted boyle them till theye be very tender, turne them in the Ciroppe least theye burne. then putt them into a Glasse;

234 To make Jelly of raspberries or goosberries

Put them into a flaggon, stop it close, boyle them in a pott of water till they are very soft, then strayne them, take to a pinte of them a pound of suger putt to the suger a little water, boyle it to a very thick syrrop, then mix it together & putt it into your glasses & put into your stove

235 To make past of rasperryes

Take red rasperryes, put them into a flaggon, stopp it close, boyle them in a pott of water, but lett not the .ome in, boyle them till they bee very tender

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then strayne the syrop as cleare out as you can then take old pippins & boyle them in a skillett of water till they bee very tender, then take out out all the pape of them & stamp it in a mortar, then mix it with the syrop as much as will make it redd, & sett it on coles then lett it simber till it bee still, take the weight of in suger, & putt the suger into a skillett with as much water as will wett it, boyle it to a very thick syrropp, then mix it together, & boyle it till it stand, then putt it on a plate & putt it into a stove, & when it is stiffe cutt it into what fashion you will, lay it on glasse plates, & turne it every day, till it bee dry, but lett not your fire bee very hott in you stove

236 To dry greene plums

Take plums before they bee ripe pare them & putt them into cold water in a skillett, cover them and boyle them till they are tender, then take them out of the water & take to them their weight of suger pounded & putt it in a skillett with as much water as you thinke will cover the plums, boyle it & scum it & when it is very thick syrop putt it to the plums, cover it warme them every morning scalding hott till they bee very cleare, then take them out of the syrropp & lay them on a glasse plates, putt them into a stove, turne them every day on clear plates till they bee dry

237 To dry ripe apricocks

Take apricocks, stone them and pare them, take to them their weight in suger pounded very small, take a quarter of the suger & lay the apricocks in it till it bee all melted, then boyle the in it till they bee tender, then take them out of it, and make a syrop of the rest of the suger,

and boyle it till it will stand, then putt it to the
apricocks & lett them lye in it three dayes, then take
them out of the syrop and lay them on glasse plates,
& turne them every day three or foure tymes till they
bee dry

238 To make suger Cakes

Take a pound of butter and two quarts of fine flower
& a pound of suger and the yolkes of six eggs, temper
the eggs & the butter together, then putt in a little
rose water into the flower & when the past is made
then roule it out & make cakes & lay them on a paper
& bake them in an oven but not too hott

238 To dry cherries white

Take cherries that grow by the wall putt out the stones,
then lay them in a bason to keep the syrop that it run
not away from them, then take a good quart of water
and sweeten it well with suger, then putt in your
cherries & sett them over a hott charcoale fire
stirring

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stirring them soe long as you can with your hand
when it growes hott take a siluer ladle & stirr it
with that till they have boyled a good while, and
your syrop will looke very red, then take them
off the fire & putt them into a preseruing pott, &
sett them in a store covering them all night, the
next morning you must take them out of your
cyrrop and lay them on glasse plates till about the
tyme you did the the day before, then you must
make a very strong cyrrop of suger, & boyle it
till it bee allmost suger againe, then you must take
your cyrrop & putt it into your pott again, then pour
in that syrop & lett them stand that night, then
you must take them out and lay them vpon glasses
& ere they dry you must flat them and cutt away
the loe loose skin.

240 To preserve fruit greene

The fruit you will preserve greene must be gathered by
hand on the shade side of the tree & the greenest

you can gett, then take two skilletts of faire water & sett them on the fire & when the water is scalding hott take one of them & putt the fruit into it and cover it close, & when the water growes lukewarme take out the fruit & putt it into the other, & soe into the third till they pill & then pill them soe fast

as you can, then putt them back into one of the skilletts of water that you scalded them in, & these lett them boyle softly vntill they looke green, then putt them into your syrop of Suger & soe lett them boyle in that till your syrop come to a jelly, then let them stand therein a quarter of an houre, then take them up & putt them in a glasse and stopp it very close, take half a ~~pound~~^{pinte} of water to a pound of suger, not as lsoe that in all preserves or marmaladds greene or other you must take the weight of suger to make it keep the better

241 To make rasberrye Cakes

Take your rasberryes being very ripe, bruise them very small in a silver plate or cupp, then weigh them with suger an lett it bee very good weight then make a candie of your suger & putt it to your rasberryes & stirr them well together, then putt it out into some little thing & set them in your store, & stirr them vp every day & soe lett them stand till they bee dry.

242 To make Ielly of rasberryes

Take your rasberryes & putt them into and stop them very close & putt it into a skellet of water & when it hath boyled an hour take out the thin

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117 iuyce when you have as much as you will then weigh it with suger, boyle them till they come to a Ielly which you may perceiue by drawing your finger on the back of the spoone

243 To candie the cleane rock candie

Make a syrop of suger & boyle in it nuttmeg, cinamon, ginger, large mace, or any other kinde

of spice, boyle all these together keeping it stirring vntill it come againe to suger, then lay it on a paper, then take as much more syrop and boyle it a manns Christi that a drop of it bee as small as the haire of ones head, then putt in your flowers & boyle them both, stirring it, and laying it on a paper, whilest it become allmost suger againe, & there in putt all your orange warme, lett it boyle a prety while, then take them out & lay them one by one upon a peelee, & putt them into an oven, that is not tæe too hott & there lett them stand all night

244 To make Quidinock of pippons

Take pippons and pare them, & quarter them, leauing in them the coares, then putt them into a possnett with as much spring water as will cover them, to euery pound a quart of water, boyle them till they bee tender & that they sinke

in the water, then strayne them if there remaine aboute a quart of liquor, when it is strayned boyle it againe & lett them come till they come to a quart, then to a quart of that liquor putt a pound of suger, & boyle it very fast till it will stand on the back of a spoone like a quakeing Jelly, then pour it into your molds the molds being wett before, & when it is almost cold turne it upon a wett trencher & soe slide it into a box, that you which you will have red, lett it be close towarded & boyle it leasurely & when it is as redd in your spoone as clarrett wine, then boyle & box it as before

245 To make Jelly of pippons

Take the fairest pippins you can gett, pare, core & quarter them, & to euery twelue of them, take a quart of spring water, then putt them together in a peserving pann, & lett them boyle till the sugers bee all out of them, then strayne them hard through a canvas bagg, & to every pound of that take almost a pound of very fine loafe suger, then putt that into a preserving panne, & lett it boyle a pace taking off the scum as it riseth as much as you can, & when it is boyled enough

that it be Jelly, putt into it the Iuyce of
Limons

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Limmons to make it as sharp as you like it,
then stir it well together, & putt it into your
glasses, & stirr them till they be jellied, if you
please to put oranges in it you must take the
best coloured oranges you can gett & pare them,
as you doe an apple very thin & boyle them very
tender, then make a syrrop of a quarter of a
pound of sugar, boyle the pills well in it, then
take them ont and shred them on a trencher,
& lay them on them on the bottom of your glasses

246 To make sorperto violetts

Take halfe a pound of violetts, & to that take a
quart of spring water, & boyle it & putt it boyleing
hott to your violetts, shift the violetts two or three
times & soe cover it all night, & lett it stand in a
hott place, the next day straine your violetts, then
to every pinte of that decoction weight a pound & an
halfe of suger, then putt your suger in a skillett,
& make it wett with rosewater, then boyle it to a
candie height then take it offthe the fire, then put
in the decoction of your violetts into the suger,
stirr it very well, then putt your sorpert into a
glasse gallypott pott then have a skillett
of water with hey in the bottom, & to cover

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& put in the suger by degrees, then lett them boyle
vntill they bee cleare as fast as possible, then put in
some iuyce of Limon to please your tast more or
lesse, you must alsoe put in some ambergreece
& muske being tied vp in a tiffanie, keep out some
of your suger, & put it into the jelly you make
of the pippins, you cutt of the slices & you must
have it ready when your slices are ready to putt
them in together, before they come off the fire you
must put them in white glasses, if you please you
may put more Jelly to them for it makes the slices
looke the clearer, there must be amber, muske
& limon in it, you may doe them either in
rennish whitewine or water *which* pleaseth you
best

250 To preserve rasberryes with Jelly

Take rasberries & pick out halfe a pound of clearest fairest, then take out the rest & strayne^{out} a pinte of Iyce then take a pound of suger & put it into the Iyce, & boyle it to a weake Jelly, when it is cold put in the rasberryes & boyle them fast vntill they bee enough, & they will Jelly, then putt the rasberies in glasses & poure the Jelly vpon them

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252 To dry cherries Mrs Wards

Take Cherries & stone them, then weigh them & to six pound of cherries put one pound & an halfe of sugar, beat it small & strew the bottom of your pann with some of it, then lay your cherries in & strew the rest on the topp of them, then put in a little Jyce & sett them upon a soft fire till they bee melted, then boyle them as fast as you can, but not too long, then take them off and lett them stand a night in the syrop, & then putt them one by one upon a sive & sett them in an oven or in the sunn; turning them till they bee dry

252 The best way to preserve ripe apricocks

Take the fairest apricockes & give them their full weight, & to every pound of apricocks putt a pound of double refined suger beat your suger in a mortar, & to every pound of suger put halfe a pint of water, let your syrop boyle till it bee .. e and scummed, then take it off, & pare your apricockes thin & give them a rut to the stone on the clifted side, & putt them into your syrop

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and keep them on a gentle fire of Charcoale, but one simpering heat, now & then letting it boyle but not too fast for they are apt to breake if they you bee not very carefull & shift them sometimes with your spoone from the sides to the middle of the pan, lett them have roome enough in

the pann, that doe not crush one another
thus you may, haveing a care of breakeing them,
keep them upon the fire sometimes on & sometimes
off, two or three houres, then take them off
& lay them wpon a pie plate one by one, & let your
syrop boyle till you have scumed it very
cleane, then putt them into your pan, & the
next day tie them up close & soe lett them stand
tenne dayes or a fort night as you see cause
then putt them gently into your preserving pann
& sett them on a slow fire of Charcoale, & then let
them bee cleane scumed as it riseth in froth, &
turne them the up side downe in the pan, be carefull
that they stay not soe long on the ~~pann~~ fire as
that they either breake or gett any more color
then is fitt, as they wilbeapt to doe if you be
not alwayes lookeing to them, then to take them
up & lett the syrrop boyle, & scum it cleane
but

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but let it stay noe longer then it keepes
a good colour for it will grow too darke if it
stay too long on the fire, then take *your* apricocks
off the pieplate & let them be put carefully
into a bason, & pour your syrop to them, & soe
let them stand open that night, the nextday
put them into your potts being scalded the night
before & very dry, then stop them close & they
will keep a yeare.

253 To make past of greene pippins

Take pippins before they be ripe, pare them very
thin, & slice them into cold water, then boyle them in
a skellett of ffreshwater, & when they be boyled
very tender & green take them out of the water &
keep the hott, then pound them in a mortar, &
straine them and take their weight in the suger &
putt to the suger as much water as will melt it
then boyle it to a very thick syrrop and then mix
it together & boyle it together till it stand, the
put it on a plate & put it in a stove & when it
is stiffe cutt it into what fashion you will &
lay it on glasse plates, & turne it every day
on cleane plates, let not the fire be too hott
in the stove.

254 To make Almond Cakes

Blanch your Almonds in cold water & beat them in a mortar with suger finely searged, take two spoon fulls of rose water & boyle a little gumdragon in it then beat it with your Almonds and suger, till it come to draw them roule it out & mold it & dry it, & soe the like for Quinces but your quinces must first bee preserved

255 To preserve oranges in slices mrs Traughton

Take the best oranges you can gett, pare them & water them, two dayes shift them twice a day then boyle them in two or three waters, & as you shift them within with a cloath let them be cut in halfes when they are watered, & when they are boyled tender cut them in peeces quarters, then slice overthwart in extream thin slices. then take apples or good pippins & pare them & slice them, & into a pot of faire water put in 24 apples boyle them & the water together till the apples be boyled very tender then strayne the liquor from the apples & weigh it & take to a pint & a halfe

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of liquor one pound & an halfe of suger, wet your suger with twenty spoonfulls of rosewater to make a syrop, then set on your syrop & when it boyles put in your oranges *which* must be six ounces, when they are boyled cleare put in your liquor of apples, then when you finde it to Jelly put in the juyce of two oranges & limmons & when it is boyled to a Jelly againe put it out into cleare glasses, a little after you haue put in your iuyce put in a little muske & amber tied vp in a fine tissange.

256 To dry the meat of Limmons whole mrs traughton

Pare & pill off all the white of your Limmons & lay them in faire water one day & a night, then put them into a skillett of faire water ready to

boyle, & let them stand simpring on a gentle fire till they bee tender, then take them off & dry them in a cleane linnen cloath & weigh them, one pound of limmon to three quarters of a pound of fine loafe suger, wet your suger with faire water & let it boyle to a gentle candie, then put in your limons & let them stand a very little

while on the fire, then put them into a stone bason, & let them lye in the syrop till it bee neere consumed, heat your syrrop once a day but not your Limmons & turn your Limons when you heat your syrropp, then take ~~four~~ them from your syrrop, & dry them ~~from~~ⁱⁿ your stove, you must bee very carefull that in ~~your~~ the pilling or boyleing you doe not breake the vnder skinn for if you doe your lemon will never dry nor candie

2567 to preserue pippins in slices

Take a pound of refined sugar, a pinte of water & the white of an egg, beat them well together till your suger bee dissolved, then sett it on a quick fire, & take away the scum as cleane as you can possible, but strayne it not, your pippins being sliced round put in as many as the syrop will couer, still keepeing them boyleing as fast as may bee, when the syrop begins to grow thick put in one pound of iuyce of pippins made thus pare & slice pippins into cold water, & sett them a seething on a quick fire, & when the pippins

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a tender strayne away the ~~pippins~~ Iuyce & put it to your preserued slices & keep them still boyleing apace till it Ielly, then put into it two spoonfulls of the juyce of Lemons take it from the fire as soone as the Iuyce of limons is in it, it must be very carefully scumd as long as it is on the fire, then put it vp in your glasses with a lay of Ielly, & a lay of slices

259 To make conserue of Burrage

Take halfe a pinte of burrage water. Still it full of burrage flowers, soe set it by the fire till the strength be drawne out, doe soe two or three times, when your liquor is strong sett it on the fire with as much suger as will sweeten it, when it boyles put in as much pickt flowers as will make it as thick as conserue, then put in a little ambergreece & the Iyce of a Limon, then boyle it till it come to a conserue still stirring it, when you are ready to take it vp put in a little more Limon

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then take them out and lay them on glass plates or tynn, & soe let them to dry well, shifting them once before you lay them to dry in the sunn, then sett them in the sun before some glasse casement, for the refleccion of the glasse giues a greater heat then if it were in the open ayre, then shift them once or twice a day vpon cleane plates till tehy bee through dry, then box them vp & they will keep all the yeare

2621 To preserue cherryes in Ielly

Take ale pintes of faire conduit water, one pound of Kentish codlings pared and quartered, then take one pound & a quarter of well coloured cherries, then take the stalkes from them & crush them into the water and codlings & set them on the fire & let them boyle very fast takeing the frothy scum from them, & when you doe

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thinke they bee almost halfe boyled away poure it forth through a faire strayner then you must put into your liquor one pound & an halfe of suger, then you must take me pound of the fairest cherries you can gett, then lett them seeth together as if they were peeces of beefe & when you see it begins

to Jelly then they may be put into your glasses

262 To make marmalett of Apricookes

Take your Apricookes & pare them & then cutt them in halfes, then cutt them in thin slices as long as you can make them, then take double refined suger, three quarters of a pound to a pound of apricookes, put as much water to *your* suger as will melt it, then sett it on the fire & let it boyle to an high candie, then putt in your Apricookes & let them stand & scald vpon the fire without boyleing & when they are cleare you must take them off & put them into your glasses & after they are cold the next day set them into your stove.

263 To make Cakes of any Plums

Put your Plums into a pott or Iugg, then stopp it & boyle it in water about an houre or more till the plums be tender, if they bee white plums lett them not boyle too long least it make the colour too deep, but as soone as they are any thing soft take them vpp, you may pour out the cleare Iuyce & make cakes of it by it selfe if you please & of the thicker substance by it selfe, when you haue taken the scum & stons firm it, & for both these take their weight in suger, & wett your suger with faire water, then boyle it till it comes almost to suger againe vpon some embers to boyle scald but not boyle, then stirr it softly & if any froth appeare in it take it off, & when you haue thus kept it stirred vpon the embers halfe an houre or something more, that the suger be well melted & mix twith the stuffe & begins *with* the stirring to come from the sides of the dish, then take it vp putting it into sawcers or marmalett glasses, &

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set them in the sun or stove till they bee candied dry on the topp, then you may turn them out vpon trenchers & dresse them as you please & soe lett them stand till they bee dry thus may you make cakes of any fruite

but for apples you are to scald in water & pill & greene them, & then to take the green out of them crushing it small to put to your suger when it is boyled, as for the plums & also quinces, boyle & pare them, & being tender crush them, & mix them with boyled suger as the other, scald it & put it forth either in molds or saucers or vpon trenchers to dry, of this you may make white marmalett or cakes whether you please

264 To make conserue of Cherries

To a pound & an halfe of cherries the stones being pulled out take halfe a pound of suger beaten, put to it about three spoonfulls of the Iuyce of cherries & three or foure spoonfulls also of water to them, soe set them on a good fire of charcoale & let it boyle very fast, as the scum

rises take it off & as it boyles with two spoones breake the cherries & stirr them, leting it soe boyle till it begin to come from the sides of the skillett, *which* wilbe about an hour, then take it vp into potts or Marmalett glasses, & soe keepe & cover it close with papp er pricked & it will keep the better.

266 To preserve white grapes greene

Gather them before they be ripe, cut three or four off a bunch, then haue water allmost scalding hott & put in your grapes & cover them & let them stand halfe an houre from off the fire, then have another skillett with water ready to seeth & put them into that being taken out of the other, & let them stand in that a very little while, then take them out & pill & stone them, haue alsoe & when it is ready to boyle put them in, & let them boyle halfe an houre t̄ easily, & being taken out let them drayne a quarter of an houre, then wigh them against some suger allowing to every pound of suger two ounces more then of the grapes, but you must

searce the suger, & lay some first in the bottom
& then your grapes & the rest on the top, putting
in but a little water, & let them halfe an houre
& let them be taken out & put into a glasse with
the syrop.

267 The lady Northumberland s perfume

Take Benjamen three ounces & an halfe, bruise it
some thing small lay it in steep three or four dayes
in Damask rosewater, then take halfe a pound
of rose rootes beaten as small as any conserve
then put it in the benjamen with halfe a quarter
of an ounce of muske & soe much Civett, soe
beat them well together & make them into little
Cakes, & place them betweene three rose leaves
& lay them in papers over a dry roome without
fire

268 To make a quakeing pudding

Take halfe a penny role of the finest white
bread that is tale, & grate it very small that
there bee noe lumps in it, then take a pinte of
sweet cream, 8 yolkes of eggs three spoonfulls
of fine flower, halfe a nutmeg grated, a little

salt & suger to your tast, bind all these together,
& take a napkin & wet it in cold water, & ~~during~~
wring the water out of it, or butter it dry, & tye
vp your pudding in it very close, but leave roome
enough for the pudding to swell in it, the water
must boyle before you put in your pudding, then
let it boyle a full howre, then dish it & put
beaten butter with rosewater & suger into it,
you may if you will put noe flower to it but
the mroe bread

269 To make a sack pudding

Take halfe a pinte of cream & three eggs & beat
in a spoonfull of sack & a little beaten mace suger
& salt to your tast, two handfulls of reasins, then
with grated bread make it as thick as butter,
then take tins such as you bake your bisketts

in, or if you haue not such then take plates
& butter them & putt your stuffe in them with a
little sweet butter, & when they are well
baked turn them out vpon pie plates & straw
some suger on them, & wring the Iuyce of a
Limmon on them, or of an orange & soe
serve them.

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270 To make pudding cake

Take a loafe of grated bread & halfe so much
flower & a good deale of suet sread small, & a
little sliced nutmeg four yolkes of eggs, & two
whites, some suger & cream, make it thick as
past & fry it with a little sweet butter
scrape suger on it & serve it.

271 To make a pudding in a dish

Take a pinte of cream & four eggs, you may
leave out one white if you will, & beat all
together, then take a good deale of suett
minced small, season it with salt, suger,
rosewater, nutmeg, & flower to make it as
thick as butter, then butter the dish & bake it
it wilbe baked in halfe an houre

272 To make a wine pudding

Take two white loaves, & slice them very thinn,
& halfe a pinte of white wine & suger to your tast,
your wine must be sodden, & then take eggs, &
beat them with a little rosewater, sliced Dates,
marrow & a little mace beaten, mingle all these
together & bake it

273 To make a bread pudding

Take milk or cream & boyle it, then take Almonds
& beat them with a little rosewater, then take the
cream and Almonds well beaten & six yolkes of
eggs well beaten, & straine them into as much
bread as you thinke fitt with suett, nutmeg,

currans, & mace, mingle all together & bake it
or boyle it *which* you please.

274 To make a pudding of barley or rice

Take a quarter of a pound of french barley, & lett
it lye in water 24 houres, then boyle it very
tender, then take as much cream as will
cover it & boyle it in a skilett & put to it a
little Synamon & mace, & when it is boyled put to
it ~~bee~~ the barley, & let it boyle till it be as
thick as may bee, then pour it into an earthen
pan & put suger to it, three yolkes & whites
of eggs, halfe a pound of beife suett, a loafe
& an halfe of bread grated, two spoonefulls of
rosewater, one of sack, one graine of muske &
a handfull of reasons with a little limon pill

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275 To make a shaking pudding

Take a quart of the thickest cream & boyle
in it a nutmeg, cutt in small peeces, *with* a little
mace, synamon & ginger, take 8 yolkes of eggs
& put one white & beat them very well, then take
a quarter of a pound of Almonds blanched and
beat them with rosewater, straine into the cream
the eggs, & the almonds together through a hair
sive, slice in a nuttmeg & a little fine flower
then season it with salt & suger, then take a
wett cloath & rub it with flower & tye it vp &
boyle, let the water boyle before you put in
the pudding an hour ill boyle it, then take
a little whitewine & suger & sweet butter
& melt it & pour it on the pudding for sauce,
thus you may make an Almond Custard, onely
your pudding must be stiffer with Almonds,
boyle it vpon a pott that seeths

276 To make an Almond pudding

Take half a pound of Almonds blanched & beat
them in a stone mortar, very small, & in the
beating putt in a little rosewater, & a little

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279 To make marrow bone puddings

Take the pith of an ox, & pill it, & wash it in faire water first, & then in a little rosewater & after beat it in a dish with a spoone very well, then take a pinte of cream & in it a race of ginger, a little synamon very small & a nutmeg quartered, all *which* being boyled take a quarter of a pound of Iordan Almonds, blanch them first in cold water & beat them in a mortar, & keep them from oyleing with some of your cream, & stirr them amongst the pith, then take a good øf quantity of suger, & beaten sinamon & a little sliced nutmeg & six spoonfuls of rosewater, & a little salt, & the yolkes of eight eggs, & the whites of foure of them, & a little ambergreece, a spoonefull of grated bread, & the marrow of nine marrow bones, cutt out in prettey peeces, then prepare the hogs gutts very cleane, & lett them lye a while in rosewater, & so fill your puddings, beat your ginger with your almonds & straine them into your cream

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280 An Excellent wash for the face

Take halfe a pinte of Canary sack, a pinte of plantine water, mix them together, take halfe an ounce of white poppie seedes, tied in a cloath, & water it three dayes shifting the water thrice a day, then pound them very well in a wooden dish, then take a quarter of an ounce of bitter almonds blanched in cold water, then pound them & the poppy seedes together, then strayne them into the sack & plantine water, then put thereto 2 quarter of a pound of white suger candie pounded small, then take the whites of two new layd eggs, beat them very well, & put them with the rest of the Ingredients, then put them into a quart bottle & shake them well together for an hour or more, then keep it for your vse, shaking it when you vse it

281 To make french bread

Take one ounce of Carraway seedes & two ounces of suger, & mingle them together, with two eggs beaten & put to it, then take halfe a pinte of milke & heat it scalding hott & put

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halfe a pound of butter into it, when the butter is melted stirr it, & put to your seedes and suger, & stirr it well together, then put in as much flower as will make it into past, with a little good barm, it must be very tender as you can handle it, then make them vp in little rowles & prick them through, & put vpon every roule some carraway comfitts, & bake them on paper,

282 To make black puddings

Take a quart of sheepes bloud & four quarts of cream, ten eggs the whites & yolkes beaten very well together, then thicken it with grated bread & oatmell finely beaten, of each a litle quantity, beefs suet shred & marrow in little lumps, season it with a little nutmeg, cloves and mace, mingle with them a little salt, sweet margerom, time, savorye, & penny royall shred very small & mingle with the other things

283 To make sausages

Take a leg of yongue porke, cutt away all the fat cleane, & cut it in thin slices then put to it ... pound of beefes suet, soe mince it as small as you can, till it worke like past

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then season it with an ounce of pepper, a quarter of an ounce of mace, as much cloves finely beaten, a good handfull of sage finely chopped, ten eggs, with the whytes of fiue of them, as much salt as you thinke fitt, soe stir them well together with your hand, & if you will fill them in hoggs gutts, but seeth them not

till you vse them, & then either fry or boyle them, you may if you please make them vp in past, as you vse it, roule it out in sausages with either grated bread finely sifted or flower, & haue your butter in your frying pan very hott before you put them into the pan, & then fry them & they will bee very Crispe

284 To make a Pie of pine apple kernells

Take 12 hard eggs, all the whites except 5 chop them very small, then take as much beefes suett as you thinke will amont to the Quantity of the eggs chopt in the like manner, take about three quarters of a pound of Cre Currans, one ounce &

an halfe of pine apple kernells, or pistatos either will doe well, take six dates three of them minced small the rest cutt in quarters some marrow, a nutmeg or a little more, two or three ounces of suger, three spoonfulls of rosewater, halfe a spoonfull of salt.

285 o make a white pott

Take a pinte of cream boyled with Mace & when it is cold take six yolkes of eggs, & two whites well beaten together, & mingle it with your cream, season it with suger salt & nutmeggs, then take a handfull of raisons of the sun stoned & two dates mingled, & a little bread thin sliced, & lay them in the bottom of the dish, then pour a little of your cream vpon it, then lay on a little more bread, then pour on a little more cream, soe doe three or foure times, bee sure your bread be well wett, then take the marrow of two bones, & breake it in good big lumps & put it in, then sett it in the oven, an houre will bake it strew suger on it & soe serue it

286 To make ffritters mrs Ward s

Take an handfull of Curdes & an handfull of flower, & ten eggs both whites & yolkes then strayne them all together, & put to them suger cloues & mace, stir it all well together, then set your suet on the fire, when it is hot put in your stuffe by spoonfulls, when they are browne take them vp & cast suger on them

287 To make a fresh Cheese

Take the bag of runnett & let it lye two dayes in water & salt, being wel washed, then putt it in a pott with a pinte of common vinegar, or a little more, & a handfull of salt, & soe let it stand close stopped a fortnight before you vse it, & when you vse it, take a pottle of new mike being as warm as when it comes from the Cow, then put in a spoonfull of the runnett, & soe heale it close till it bee come, then breake it very small with your fleeting dish, then put in suger as you stir it till it be as sweet as you would haue it, then put it in an earthen Colander, & let it stand till the whey be run out, & soe put it into the cream.

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293 To make bean bred

Take a pound of almonds and blanch them in cold water, then slice them as thinn and as broad as you can, then take a pound of sugar and two spoonfulls of rosewater and two or 3 spoonfulls of flower and the whites of two eggs, beat all together, til they bee mingled, then putt to it some Caraway comfittes and drop on waterd paper and put them into the oven.

294 To make goosberrie Cream

Take a pinte of goosberries, better then halfe a pinte of water, boyle this to mash, take the yolkes

of 6 eggs well beaten and thick, the goosberries still keep a stirring, after it hath boyled well sweetenit with sugar, a little rosewater, muske and amber so serve it cold. you may make custard the same way adding more eggs and straining the mash and boyling it more, this way you may make cream of green grapes.

295 To make a cream sillibub

Take a quart of Cream and a quart of wine and the whites of 4 eggs and the juyce of a lemmon and cutt the lemmon and put it in, then beat it with

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a rod a quarter of an houre, then straw in some sugar and beat it still til it haue a great froath then take it off with a spoon and lay it in *your* pott and beat it again, then lay in more, then beat it til no froath wil rise, and as it rises still take it off and lay it in the pott, a pound of sugar wil sweeten it

296 To make lemon Cream

Take a quart of cream and boyle it a pretty while, beat 4 whites and 1 yolke well & putt it into the cream and let it boyle, then take it off and put the juyce of lemons into it til it turne into curds then ... it vp for one hour take it off and season it and serve it

297 Rasberrie Cream

Take a pinte of Cream & put it to boyle, beat the whites of 3 eggs well, put in *you* r eggs a leaf of mace, a slice of lemon pill, boyle it til it thicken, season it with sugar and straine it, beat it well in *your* dish, boyle rasberries well and mix them together then dish it and straw it with some of the juice

298 Codling creame

Take a quart of Cream, boyle it, beat the whites of 3 eggs put them into the cream, boyle in it sugar, take good codlings slice them and make a mash of them, sweeten it well mingle it with your cream and streine that and beat it well with a spoone and dish it

299 Cherrie Cream

Take cherries stone them, boyle them with as much water as wil cover them, let them boyle a good while with some sugar, boyle your cream to a good thicknesse, and let it almost coole, then straine you r cherrys mix them with your cream and beat it well and vse it.

300 Rosemary water

Take of rosemary flowers and bugglas rootes of each 4 ounces, of red preserved quince 4 ounce of white wine a quart, putt all these into a glasse and let them stand close couered for a day or two then distill it in a glass still and put into the glasse the water drops into some sugar candie finely beaten, and when it is stilled stop it and sett in an oven after bread.

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301 To make a possett

Take a pottle of good cream, boyle it with some cinamon, and 3 or 4 flakes of mace, take 18 yolkes of eggs and 8 whites beat them well and mingle them with a pinte of sack, put in 3 quarters of a pound of sugar to the eggs, & sack, a grated nutmegg, a little beaten cinamon sett your bason on the fire with *your* wine and eggs and let it bee hott, then take the cream boyling.

302 Almond Creame

Take a quart of cream and the 3^d part of a pound of almonds beat them very small and mix them very well with the cream and straine it, then boyle it over a gentle fire til you thinke it of a fitt thicknesse, you may put in some mace if you please sweeten it to your taste and dish it.

303 To make gather'd Creame

Take two quarts of good thick cream, set it on the fire vntil it begin to boyle, then take it off the fire, stir it till it bee almost cold, sett it on the fire againe

thus done very often till it bee good and thick, then take a quart of good new milke ready to boyle and *your* thick cream when you take it into *your* new milke then cover it for halfe a day and more if the weather be cold, season it with sugar and take vp the vpper=
=most and dish it.

304 To make barley creame

Water french barley and shift it for two dayes beat it and rub it well til the huskes bee cleare off, boyle it still stirring, shifting it with warm water vntill it bee soft and tender and very white then straine it with a spoon through a Collender then season it with rosewater and sugar and what els wil please *your* tast. if you would haue them very white beat almonds & straine them into it

305 To make Rice cream

Take halfe a pound of rice beat it and steep it in a pinte of new milke over night with a sliced nutmeg in it, in the morning straine it then take a quart of creame and another pinte of

graine of muske dissolved in it, then dish it
that it may coole, it is best when it stands

306 To make snaile water

Take a good peck of garden snailes make a great
fire of Charcoale, and when they be well kindled
make a hole in the midst of them, and poure
in the snailes then shovel the fire over them
and let them burne till they leave off stirring
then take them out and wipe them severally
with a clean cloath, bruise them a little in a
stone mortar, take three gallons of strong ale
and a gallon of sack, 2 good handfulls of
angelica, as much salendine, as ~~much~~ a quart
of rosemary flowers, shred the hearbes a
little, and put them first into a pot, then poure
in your ale and sack, with six ounces of harts
horne 1 ounce and an halfe of cloves then stop
vp *your* Limbeck with past and let it stand all
night in the morning put *your* fire vnder it
and receiue the water by pintes.

307 How to make the snaile sirrup

Take a peck of garden saniles in the shells and
prick them often in the shells vntill the shell
bee filled with juice and the snailes quite dead
then fill with the pointe of a knife the shell
with the juice in it with white sugar candy
beaten fine, then put them shells and all into
a tiffany handkerchief and tye the handkerchif
together and hang it on a naile setting a dish
vnder it, receiue the sirrup as it drops, often
shakeing the handkerchief vntil your juyce be
dropt out: so vse it by takeint a spoonfull in
the morning, at 4 a clock in the afternoone
and at night when you goe to bed

308 Sugar of Roses

Take of the purest red rose budds dried 4 oucnes
of the purest loaf sugar 12 ounces, powder them
both severally very fine, dissolve your sugar in
a little red rose water and boyle it to the consistance
of sugar, then take it off the fire scalding hott

and stir in the powder of roses and presently
cast it into what forme you will

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161309 A medicine for a Consumption

Take 10 or 12 garden snailles wash them well in
faire water half a dosen times afterwards in
a little wine, dry them well and shred them,
then boyle them in a quart of new milke from
a red cow vntill half a pinte bee wasted,
then straine it and put a little sugar candy
into it and a spoonfull or two of red rose
water, give half thereof in the morning
fasting and the other half in the evening
lukewarm. This is but an easy yet an
admirable remedy for such as are
exceeding weake in any disease.

310 Rice Cream

Take half a pound of rice beat it & steep
it in a pinte of new milk over night with
a sliced nutmeg in it, in the morning
straine it, then take a quart of cream
and another pinte of milke, a blade of mace,
then boyle it to a jelly height, then sweeten
a little rose water in with a grain of muske
dissolved in it, then dish it that it may coole
It is best when it stands

311 Rosemary water

~~Take of rosemary flowers & buglass rootes
of each 4 ounces of red preserved quince
4 ounces; of white wine a quart, put all these
into a glasse and let them stand close covered
for a day or two, then distill it in a glass still
and put in the glass the water drops into some
sugar candy kindly beaten and when it
stilled stop it and set in an oven after bread.~~

312 To get out the fire of burning or scalding

Take the white of new laid eggs and labour

them with a stone of roach allum, til it come to froth, then take a fine linnen cloath and wet it in oyl olive and lay it next the sore, then lay the froth upon the cloath, of a good thickness, and binde it next the sore with a cloath, dress it twice a day or foure times

313 A receipt for any paine proceeding from cold approved by Sir Fra: Willoughby

Take the powder of acornes with a spoonfull of buttered ale or some hott drinke goeing to bed and it will help you.

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314 A very good wash for the face against pilling

Take half a pinte of canary Sack, a pinte of plantin water, mix them together, take half an ounce of white poppy seed, tyed in a cloath, water it three times a day for three dayes together, then pound them very well in a wooden dish then take a quarter of an ounce of bitter almonds blanched in cold water, then pound them and the poppy seeds together, then strain them into the sack & plantin water, then putt thereto a quarter of a pound of white sugar candy pounded very well, then take the white of two new laid eggs, beat them very well put them with the rest of the ingredients then putt them into a quart bottle, and shake them very well together for an houre or more, then keep it for you r vse shakeing it when you vse it

315 For the Cough

Take 4 ounces of brown Sugar candy, 2 ounces of liquoras, one ounce of anniseeds, one ounce of allicampane root root, make them all into

powder, and searce them, and take 6 ounces of raisins of the Sun, and stone them, and beat them all together in a stone mortar, til it

bee paste, and make thereof pills as big as peas, and take three at a morning and three at night and a little conserve of red roses after it and some times take of them when you haue occasion to cough.

316 To make good almond cheese

Take almonds, blanch and beat them as fine as for marchpan stuff, and take posset curd made of Sack, and mingle it with the march pan, then put it on a chafing dish of coales boyle it with a little rose water season it with musk and Sugar and fashion it vp like fresh cheese in a bason pour a little cream about it shake a little Sugar vpon it and so serve it vp.

317 To make Hypocrist

Take 3 quarts of whitewine and a pinte of sack and put into this one pound of hard Sugar

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and then brew it wel together, when this is done put in one drop of Spirit of Cinamon and as much cloves and so much of nutmeggs and a very little musk and ambergreece, then take half a dosen sweet almonds and blanch them, & beat them, then ~~bruise~~^{brew} all these together and strain it through a napkin then sett it vpon the fire, a little vntill it bee warm and so brew it a little againe

318 To make Sack cream

Boyle a quart of cream on a soft fire til it grow thick then beat six whites of eggs with one yoalke, with a quarter of a pinte of Sack, when they are wel beaten together strain them, and put them into your cream as it boyles, and as soon as it growes thick take it off and shake it continually til it bee cold then season it with sugar and serve it vp

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them out of the water, and lay them in a clean wooden or earthen dish, then with a sharp knife cut them in the middle and take out all the succie part into a white earthen or silver bason, and bee sure you pick all the scales cleane out of it, and breake not the cross skins that are in the middle ~~of it~~ then sett by *your* juice and have ready two bell mettles pans with faire water and sett them over the fire and when one of them is ready to boyle putt in *your* orange pills and let them boyle till the water bee bitter then haue your other pan boyling and shift them into that and so shift them out of one boyleing water into another, til your pills bee very tender and your water not bitter; this being done take them vp and with a spoone take out all the inside skins and throw them away and then crush the pills a little between two trenchers to take out the water and then with a knife cutt them very small, then put them by little & little into a stone or marble mortar, and with a wooden pestell pound ~~it~~ it very small till it be like paste this being done take your

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juice which you pickt out and putt with all *your* pills that you pounded into the mortar, and pound them together very well, then take it all out of the mortar and putt it into an earthen bason, then take fine loades sugar & putt to it the just weight, being finely pounded and putt it all into a bell mettles pan and boyle it all to marmalett. you wil know when it begins to bee enough by the flying of it, you may tye a little muske in tiffanie and boyle it in it, and when it is ready putt it in glasses or boxes and set them in a stove or some warm place. you must before you boyle it wring in the juice of a lemon and that wil make it cleare, to every dosen you must put in the juice of one lemon. you must bee sure to keep it stirring for feare it burne to the pann.

322 To make an Almond pudding

Take milke hot as it cometh from the cow and slice bread in it all night, apinte of milke will steep a penny manchett. then to this quantity take halfe a quarter of a pound of almonds blanch them and grinde them very small and as you grinde them drop a drop or two of rosewater now and then to keep them from goeing to an oyle; then take a nutmeg and a quarter of a pound of sugar, beat them very small, then take the yolkes of two eggs and the white of one and mingle all these foresaid things together and put them into it and stick it full of marrow, then put it into the oven and bake it and so cast a little sugar on it and serve it to the table

323 The best way to preserve quinces jellied

Core the quinces and put them into water & boyle them then haue ready an earthen vessell of water boyling and when you perceiue the water where the w quinces are to change colour, putt them into the other and let them boyle vntil the quinces bee tender that you may easily thrust a straw through

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them then take them vp and pare them as soone as may bee and put *your* double refined sugar into the holes where the cores are taken out, then weigh a pound of quinces to a pound of sugar and a pound of water, clarifie *your* syrrop with whites of eggs and after it is strained let it boyle to a syrrop then put in *your* quinces & let them boyle as faire as may bee and to every pound of quinces take a quarter of a pound of double refined sugar beaten very fine and with that sugar fill the cores of the quinces before spoken of, and the rest strew on in the boyling of *your* quinces and when you perceiue the syrrop to jelly and the quince inclineing to a deep colour take them up and lay them in severall glasses and receive reserue some of the syrrop to lay on them

324 An excellent way to stew a rump of bief

Take a rump of bief not too bigg nor too fatt, sprinkle

it gently with salt, then take thyne sweet marjorum
beif suet and a little nutmeg & large mace all
minced together, then stuff *your* beif very well with
these things then lay it in a pott, poure on it half
a pinte of whitewine and half a pinte of whitewine

vinegar and as much faire water as wil cover it
and noe more, then cover the pott close and sett
it over a gentle fire to stew, the longer it is in stewing
the better. it is best to sett it on the fire overnight
vntill the next day at dinner, then take it vp and
lay sippetts in this dish, then *your* rump vpon them
and poure the liquor upon all too serve it to the
table

325 To make stewd apples in jelly

Take some pippins and pare them if they are bigg
cutt them in four quarters, if small, cutt them in
halfes, and cut out the cores, as you pare them
throw them into water and when all are pared
put *your* water and apples into a pan with some
sugar, 2 quarters & an half to eight great apples
and a little cinamon. in winter when your apples
have less juice you may put one glass of white wine
in it. boyle all till the apples bee soft, take them
out press them between two spoones, set them on
a plate then straine the sirrurp through a double
cloth, then put it into the pan againe and
make a jelly thereof which you may know to bee

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enough if it drop from your spoone like ice
then take it off from the fire and when it is
halfe cold put it over your apples that are set
on the plate.

326 ffor the oppression of the heart

Take conserue of rosemary burrage 2 cowslipps
buglasse flowers, each an ounce mingle them
all together and add half an ounce of conserue
of alkermis, take of it every morning before
dinner the quantity of a wallnutt, and half
an hour after drinke a draught of clarrett

wnie with three sponfulles of burrage water
and sugar with a branch of rosemary in it,
stir it well together before you drinke it and
then walke an houre

27 To preserue oranges whole with their
3meat in them

Take your best coloured Bermudas oranges, grate
off all the spottes on the vpper rinde and you
may grate them lightly all over, then giue each
four cutts on the sides with a knife through

the skin but not to the meate vntill you putt
them to the syrrop. keep the topps & bottoms
whole and lay the in water three or foure
dayes and shift them twice or thrice a day
then sett on two potts of running water sitt
to boyle *your* quantite of oranges, put your
oranges into one of them being cold, and then
make them to boyle aparte, and when the water
is bitter putt them into the other, but it must
boyle first, soe when you finde them very
tender, but suffer them not to breake, then
take them out and lay them vpon a cloath and
when they are well dreined from the water
.. weigh them and for euery pound take a
pound and a quarter of sugar, and then putt to
every pound of oranges a pinte of running
water. soe sett *your* sugar and water on the fire
and when it is boyled and scummed cleane put
it into a pipkin or other thing that may hold it, and
being cold putt in your oranges, then euery
morning and evening poure your liquor from

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your oranges and make it seething hott &
poure it on againe this must bee done for
eight or ten dayes together and when you finde
them very cleare, then boyle *your* sirrump and
putt to it almost a quart of pipin liquor if
you haue three pounds of oranges and the rest of
the weight of sugar that you haue out of
makeing *your* sirrump, which may bee a pound
and an halfe, and when your sirrump doth
boyle and is scummed, put in *your* oranges
and let them boyle keepeing them scumd
and when they jelly put them vp in glasses

or gally potts. after they haue laine in the
sirrup you may with a bodkin pick out all the
seed at the slitts on the sides before you boyle
them vp for all together

328 To make Scotch collepps

Putt of the fillett of the legg of veale to many
slices as will make a dish to fry, beat them
flatt and after hack them with the back of a
minceing knife on both sides then draw them

through with lard and beat them flatt againe
and fry them with butter, the sauce must bee
the gravy of the meat, a little verjuice,
butter, two anchoues, and a little sliced nutmeg,
and instead of verjuice pour on a little while
wine.

329 Almond cream

Take a quarter of a pound of almonds and lay
them in cold water till they bee well blanched
then beat them with a little rose water
and sugar and straine them with a quart
of the thickest and sweetest creamie
seasoned with muske and sugar to *your* taste
put it into a cleare skillett, sett it on the
fire and let it boyle a pretty while keeping
it stirring vntill it bee ready which you shall
see by the thicknese of it, then putt it into
a dish and serue it cold.

330 To make counterfeit red Deare pye

Take a fleshy piece of beif of the flanke without out
sinnews or fatt, beat it very well, then sprinkle

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it over with claret wine and let it lye all
night season it with pepper & salt & nutmeg
lay between every row of meat a row of
lard and put it into a coffin of dough with good
store of fresh butter in the midst of *your* lidd
and make a round hole to put in a galantine

which make thus; with clarett wine and vinegar seasoned with ginger and sugar, boyle them together and when this pye is halfe baked put it in at the hole of your lidd shake your pye that it may disperse all over and then sett it in untill it bee baked to bee eaten tow with mustard & sugar.

331 To make Almond biskett

To a pound of sugar take halfe a pound of floure half a pound of almonds eight eggs foure of the whites taken out, then wet them with the rest, you must beat your almonds before you mix them with the floure with a little rosewater and put in what seed you like best beat your eggs very well, then wet you biskett

342 To make camphire balls

Take two ounces of camphire, one ounce of orris powder, twenty great almonds, two pennyworth of rosewater, three pounce of sivil soap, wheat floure three handfulls, Civet three graines, beat them all together in a mortar and temper very well and so make them up To make black washing balls take storax and beat it with them

343 Ielly of Raspaces

Set raspaces clean picked on the fire vntill they heat drive out the moysture and with crushing poure it out as it comes, soe to a pinte take but halfe a pound of beaten lump sugar, then only boyle it up, glass it & store it, for if it should stand all night before boyleing it would not jelly likewise too much sugar keeps it from jellying

344 A good receipt against the plague

Take an handfull of green elder leaues one handfull of red bramble leaves, of rue, of sage of vertue beat them all very fine in a stone mortar then put to them a quart of the best white wine

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let it stand halfe an houre close covered then
straine it out and put to it one pinte of the best
whitewine vinegar, and bottle it vp for *your* vse
shakeing it together when you vse it

345 To make pudding in balls

Take a penny loafe and grate it, a quarter of
pound of currans, a quarter of a pound of beef
suett, half a nutmeg grated, a spoonfull and an
half of sugar mingle them together, then take two
new layd eggs, beaten very well within a spoonfull
of rosewater, and with it worke them vp ⁱⁿwith
balls, and then take half a pound of sweet butter
and meet it in a pewter dish, and put in *your* balls
when it is hott keep *your* balls turning till they bee
done, the sauce is to bee made with reosewater
sack or vinegar butter & sugar.

346 A Spanish perfume to burne

Take of Benjamen, Storax, hard sugar each an ounce,
of musk ambergreece and civett each 12 graines
an handfull of damask rosebudds the white ends cutt
off beat them severall, first in a warm mortar

and afterwards mix them into little round cakes
and lay them between two rose leauees flatting them
a little with your finger then dry them in the sunn,
layeing them severally in a sylver dish and
burne one or two of them on the coales and the
room will bee perfumed two houres after.

347 To make collerd bief

Take the thin flanke of bief and lay it three days
& nights in pump water and salt, then dry it in
a cloath, and take the thick skin off, then strew
it all ouer with pepper not brusied too small &
some cloves mace and nutmeggs, and some sweet
hearbes shred, afterwards roule it vp as close and
as strong as may bee, and binde it all ouer thick
and hard with packthred and put it into a deep
narrow earthen pott, that is fitt for it, and put
as much clarett wine to it as will cover it, cover

the pott close and sett it in an oven with household bread, and when it is drawne take out the bief whilest it is hott, hang it vp to let the salt drop from it and when it is cold sett it to coole and it will keep a good while.

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348 To make the Carraway water

Take two quarts of spirit of sack and put therein two pounds of Carraway comfets, aromaticum rosatum, Laetificans Galeni, Diarbodium abbatis species de gemmis frigidis of each three peny worth and let it stand in a warm place for 14 or 15 dayes stirring it once or twice a day then straine it and put therein of amber & muske each 4 graines and if you please some leaf gold.

349 To make red quince marmalett

Take your parings and cores of quinces and boyle them in faire water vntill it tast strong of the quineces, then straine it out and to a pinte of that liquor take a pinte of good loaf sugar and sett it over the fire boyle it & scum it, then take a quarter of a pound of quince being cored and pared & put into the syrrip and let them boyle vntill they looke cleare then take them off and sett them ouer a fere embers and cover them close with a shoot of paper, and a plate, and when the

sirrrip lookes of the colour of clarett wine vncouer them and boyle them vp as fast as you can, breakeing the pieces of the quinces and put them in againe & boyle them vp.

350 The best way for makeing Cheesecakes

Take 30 yolks of eggs and two whites beate in very well stirr them in 3 quarts of milke, then putt it on the fire and stirr it well, then take it vp and putt it into a cleane cloath and hang it vpon a naile to draine; then take a pound of butter, and put it into it and breake it and the

curd together very well, and take a pound of currans and mingle it all together then season it with spice and salt as you please, and sweeten it as you thinke fitt, then take three quarts of fire floure and two ounces of sugar, and halfe a pound of butter, to make *your* paste of what fashion you please.

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351 To make one excellent black puddings

Take the blood of an hogg just as it comes warm from him, and take a pottle of whole grates, and put in while the blood is warm, and let them steep a day and a night till the skin is cleane, then take halfe a pinte of milke and the yolkes of foure or fiue eggs and the whites of three and beat them very well and mingle them very well with beaten mace and cloves & nutmegg with a bunch of sweet marjoram and the tops of leekes and winer savage a little pepper and salf to your tast, take a good handfull of bran mingle these all well together and shred 4 pounds of suet and so fill them into the skinns

352 Aqua mirabilis

Take gallingall, cloves, ginger, melilott, Cardemom, mace nutmeggs, of each one drain and of the juice of salandine halfe a pinte, mingle all these made into powder with the juice and with a pinte of good aquavitæ and 3 *pints* of good white wine

then putt all these together into a stillatory, of glasse and let it stand all night and still it with a soft fire as may bee the next morneing

the secret vertues of this water

first it discloseth the swelling of the lungs without any grieffe and if the lungs bee wounded or perished it mightily helpeth them, and comforteth them, it suffereth noe blood to putrifie, the water being given to man, or woman labouring towards death one spoonfull reviveth them

359 To make a good jelly of hartshorne

Take three ounces of shavings of hartshorne which put into three pintes of faire water into a wel glazed and clean pipkin with a quarter of an ounce of marigold flowers and as many cowslip flowers or a quarter of a pinte of cowslip water, cover the pipkin very close and sett it all night on the embers and in the morneing boyle it vp vntil it bee jelly and try it in a spoone and when you see it strong enough then straine, and put in *your* spice, and

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nutmeg, two races of ginger, a little cinamon, and a small quantity of cloves, the Spice you are to putt in according to your tast, and boyle them over the fire a while, then clarifie it with the whites of 2 or 3 eggs and put in the pill of a lemmon with your spice and boyle them together and when it is well clarified take it off and season it with the iuice of a lemmon & sugar and run it through a jelly bagg

354 To take away the holes of the Small pox

Take strong distilled vinegar and wash one day *your* face with it, the next day take bran mallowes and water boyled together till halfe bee consumed wash that day with that, next day with vinegar and the next day with *your* bran water againe and so it will take away the holes & redness and if the distilled water of egg shells is to bee had wash *your* face with it as you goe to bed and in the morning with that of bran.

355 To make an excellent lip salve

Take of fresh butter out of the churme six ounces beat & wash all the whey from it and then put it

into a preserveing glasse and let it melt gently in a skillet of warm water, and when it is well melted cast it into a bason of cold water and let it stand

until it be cold, then take it out & scrape away the bottom if there be any foulness in it, the melt it againe, and being melted cast it into damaske rose or orange flower water and there let it lye all night, then next day wash it well in it and then putt it into a silver porringer and with it two ounces of pure virgins wax and a dram of alkanett rootes broken in small pieces and two spoonfulls of damaske rose water or orange flower water, wherein a graine of muske or ambergreece is dissolved and let it melt together, and then beat it with a spoone that it may be well incorporated then straine it into *your* rose or orange flower water and let it ly a night then mak it vp in balls or cakes according to *your* fancie and let them lye . in the rose or orange flower water a day or two to harden them then keep them for *your* vse this wil heal the lips of all chapps or soreness and make them smooth in a night or two vseing it

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An excellent preservative servative in pestilentiall
356 times

Take of the juice of green walnutts two pound, clarifie it and with a pound of honey boyle it into a sirrurp, a spoonfull being taken so soone as you are out of your bed

357 To make fresh cheese & cream

Take a pinte of fresh cream, set it on the fire then take the whites of 6 eggs beat them very well and wring in the juice of a lemon into the whites when the cream boyles vp, put them in and stir it about till it be turned then take it off and putt it into a cheese cloath and let the whey draine from it and order it as you doe other fresh cheese.

358 ffor the Spleene

Take the tops & flowers of wood betony keep them dry all the yeare, when you vse them take one handfull thereof & boyle it in a quart of possett

drinke to a pinte then put to it 2 spoonfulls of
syrrup of marygolds & drink it 2 nights at goeing
to bed or more as you finde cause, and makeing
wil serve two nights

359 The oyle of toads

Take three pintes of the best sallett oyle
put it in a new well glased pipkin with a cover
set it on a tripetts on a gentle fire of Charcoale
then putt therein 7 or 8 of *your* greatest toad,
and let them boyle in the oyle till they become
hard cinders, then straine it through a piece
of new linnen cloath, keep it in a glass close
stopt.

360 For the Kings evil, and for a fistula for the evil you may omitt the syrrop following

Take six quarts of running water, one pinte of
white wine, halfe a pound of Celendine as much
of water cresses, as much of red sage, as much
of featherfew, as much of wood binde leaves
and flowers with the strings and halfe a pound
of Roch allum shred these very well and putt
them vnto the water, let it boyle softly till
halfe bee consumed, then strayne it hard

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then put in the alom being bruised and the
white wine and let all boyle together till the
scum bee boyled in, then putt it in a glasse
to keep, you must inject this water twice
a day very hot

361 The syrrop to be vsed at the same time

Take one gallon of sack, one quart of burrage
water, three pintes of conduit water, stir them
all well together then putt allⁱⁿ these following
Sasapilla four ounces Quiacum two ounces
rubarb one ounce, manna foure ounces, sena
foure ounces, anniseeds cinamon liquoras sugar

of each two ounces let it boyle at a soft fire till halfe bee consumed, when it is cold strain it and put in the manna and two pound of sugar boyle it to a syrrup, take one ounce in the morning fasting, one at three of the clock and one after goeing to bed. haueing lightly supped. You must cut the Sasaprila and liquoras in pieces & beat the other things to powder. this hath helped many

362 Red rose water

Take a glasse and put some rosewater in it and to that water putt some rose leaues into it with the yellow clipt off, put not soe many of the flowers as to press them and when you still other water putt in this glass vnstopped into the still and it will be red and very sweet still your glass with the leaues before you putt in your water when they are stilled let them run through the sieve gently.

363 ffor the teeth

Take scuttle bone and beat it to powder and rub your teeth, wash them with water. the inside of this bone beat into powder.

364 The Electuary against winde in the spleen

Take conserve of rosemary flowers, conserve of Betony flowers of each halfe an ounce, of the pulp of citrons of green ginger of

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each three drams half an ounce of the powder of cloves of
of the powder of cloves two scuples and to these ingredients add as much syrrup of ginger as to make it into an electuary and put to it three dropps of the chymicall oyle take of this electuary the bigness of an hasel nut at a time.

365 ffor the plurisy, stopping of the
Stomach or cough of the lungs

Take a scruple of the powder of the seeds of
nettles in the syrrup of violettis and swallow the
same by licking it by little & little & it wil
help you.

366 The flower of ointment

Take an ounce and a halfe of rosin and as
much harts tallow melt both and beat a quarter
of a pound of camphire into powder & put it into
the rest, then boyle them all together with a
pottle of white wine so strain it through
a cleane cloath and stir it til it bee cold

and so keep it for an excellent oyntment.
the vertue of this ointment it is good for
all manner of diseases also for old or new
wounds

367 An excellent Searcloath to heale any
old or new sore or any ach

Take a pound of red lead and a quart of sallett
oyle and boile them together stir it till it come
to a black colour, when it is boyled enough,
then dip your cloaths in it and hang them or
pin them vpon a line til they bee dry, you
may putt some of it into a gallypott and
keep it for a salve It is very good for a
green wound. first steep St Iohns wort in
the oile being bruised first before you put
your red lead in If it bee for a green wound
steep St Iohns wort in the oyle and it wil
help you It is very good for an ach.

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368 To make Pancakes

Take 16 youlkes of eggs & 8 whites beath them very well then putt a quart of new ale, a pinte of milke to you r eggs, season them with spice as you please as ginger, nutmegg, cloves, mace as for *the* thickning of them with flower doe that as you see good: stir a porringer of melted butter into them when you goe to fry them; strow pounded cinnamon and Sugar on them when you send them to *the* table

369 To make ffritters

Take a quart of milke warm it make a possett with half a pinte of sack & half a pinte of ale if it doth not turne, then keep it on *the* fire stirring it till it doth turne, then take 8 youlkes & 4 whites of eggs beat them very well with a rodd, then streine them in ^{into} *the* possett, curd & all; season it with a pretty quantity of Ginger & some grated nuttmegg & stirr as much flower as will make it batter cut you r apples round in slices, boyle them in beefes suett or swines lard clarified, dipp them in the liquor boyling till they are crisp, then send them vp with Sugar strawed.

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370 To make a cold hash

Take cold hen & onion slitt as thin as you can beat it tender between two dishes drein all *the* liquor out take lemon & anchoves cutt small mingle together & strow them all over, putt oyle & vinegar on them, garnish *your* dish with lemon & anchoves./.

371 To make pudding in a pufpast dish

Take the 2 wings of a roasted Capon the fatt of *the* kidneys of beefe & the gravy of *the* meat shred them all as small as you can then wett them with the yolkes of 3 or 4 eggs, 4 spoonfulls of sack one nuttmegg some currants, citterne & sugars as you think fitt to season it then putt it into past

372 To make Syrrup of Clove Iylly=
=flowers

Take a peck of Clove jylly flowers cutt off the topps bruise them very fine in a marble mortar, take as much scalding water as will make them into a Papp, lett it bee in a silver or earthen vessell, & and past it vpp & putt it into a pott of boyleing water of ver the fire there to remaine an houre,

then straine it out & putt to it thrice the weight of loafe sugar finely searced by little & little till it bee all consumed, when it is dissolved ^{it} put the fire till it iust boyle vp & noe more, that the scumm may bee taken off.

373 The same to be vsed to Violetts
To make Currant wine

Take a quantity of water & as much Currants as will make it strong & deep redd, boyle it very well, putt them in a earthen pott & cover them, the next day when they are cold putt them in a sive & straine them out into a earthen vessell that has a tapp, lett it stand 2 or 3 dayes till it bee very cleare, then draw it off into an earthen pan as long as it runs cleare, then take Sugar & sweeten it well, so bottle it vpp. its to bee well Cork't boyle it 1/2 dozen razes of Ginger in the Currants./.

374 To pickle Cucumbers

Gather your Cucumbers in the heat of *the* day, wipe them & putt them in a well leaded earthen pott, & lay them in rows till you have filled the pott as full as you think convenient, then take the best white wine season it with salt & putt in *wha* t quantity of Dill you thinke

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convenient, sett it over the fire lett it boyle & take off *the* scumm as it riseth, then poure it boyling hott vpon *the* cucumbers as before & lett them stay stop'd close *with* a napkin & some kind of cover to keep the aire out till *the* next day, then boyle it as before, this doe 7 or 8 dayes & if *the* vinegar wastes add more, then boyle the Pickle every other day for a weeke or more keep them soe you must putt ginger & nuttmeggs to the liquor./

375 To make Aqua mirabilis

Take 3 pints of Sack one pinte of Spirit of white wine, calendine, balme, minte of each a pinte of *the* juice one handfull of melalott flowers, cubibs, galingall, cardinums, nutmeggs, mace, ginger of each 2 drams./.

376 To make Syrrup of Garlick.

Take 3 heades of Garlick pill them & prick them & 2 quarts of white wine, a handfull of red sage,

a handfull of unsett hyssop, a hand full of hartstonge
boyle these all together till the 3^d part bee consumed
then a pound of live honey, & give it one boyle, then
straine it & keep it for *your* use, when you use it
shake it much & take two spoonfulls at a time./.

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377 A Receipt for dieing of Straws
To die heir colour

Take cleane water and as much of yellow wood
as you shall think fitt, first boyle them in allom well:
then lett them coole, after they bee cold, boyle
them all well together in the yellow wood till they
bee of *the* colour you would have them/.

378 To die redd

Boyle them in allom then take brasile &
water boyle them in it: the longer you
lett them boyle the deeper they will bee.

379 To die purple

Boyle them in allam, then boyle them in
Loggwood.

380 To die greene

Boyle them in allam then take them forth
when they are cold take nidico & stale chamber
=lye warm them lukewarme then steep the straws
8 or 9 dayes./.

381 another greene

take 2 pennyworth of stone blue, 2 pennyworth
of verdigrass steep in stale chamberlye dyes
greene *with out* boyleing
Stone blue & chamberlye dies blue without
boyleing./.

Syrop of march mallos

take march mallos Roots 2 ownces
Scutchgrass Asparagrass Liquaras
Reasons of Each half an ownce
the tops of march mallows & Common
mallos pelitory of the wal Burnet
Saxsafrige plantine whyte & black
maydne hayre of each one Handful
Red Citorn one ownce the fowr Greater
and leskar Cold seeds of each 3 dr
ams Infuse these Ingrediants a
whole day in 6 pound of fayr watr
then boyle it till a fowrth part
be Consumed then strayne it and
press the Ingrediants then adde
to the Cleere licquor 3 pound of
Shugar put it in a Glased piptkin
let it boyle Gently in a Kettle
of watr to the Consistanc of a sirop

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spine

head

fore-edge

tail