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Last Updated: 11 September 2020

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

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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 gauw

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 warlke
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 dey
in Ioye and Righteousness
finis Robert willson

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 ./.

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
next ensuinge 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 solucion em
bene et fideliter faciendum
obligamus nos vtrumque et
quemlibe t nostru m coniunctim et

The Condition of this obligacion is
such that if the aboue bounden
A.B. his heires executors Administrators
and assignes shall well and truly
observe performe, fullfill and
keepe all and singuler the
Clauses, Articles, Couenantes
promisses giftes grauntes and
agreaments which on the parte and beak
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
cconcerninge 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./

Letter of To all Christian people to whom
Attorney theise presentes shall come
Henry Kenney of dublin Esquier
sendeth greetinge in our Lord
god euerlastinge Whereas
theirse Synnot of Ballineho=
went in the County of
Wexford gent by his deed
bereinge date the Eight day
of May last past bene ^ hath giuen
graunted bargained sold
nenfeoffed and confirmed
vnto mee the said Henry
Kenney and my heires and associates
all and singuler the howses in
in Ballynehowne 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 Maiest tie 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 accomplisheth =

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 b to the premisses or discouer the same whereby his highnes might receive 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

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 Richardo 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 lust and full some of one hundred poundes sterling Currant and lawfull money of and in England at or before the first day of January
Know all men by these presents that I the said Henry Kenney haue Constituted ordained nominated and appointed and by these presents doe constitute ordaine nominate and appointe and in my stead and place puttes my beloued in Christ Gerrald Murchoe gent my true and lawfull Atturney 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 said Atturney shall doe or cause to bee done for or concerninge the premisses

In witnes &c.

Recogniz= Memorandum quod sext die May =ance for Anno domini 1637 Annoque Regni debit domini nostri Caroli dei gratia Angliae Scotie ffrauncie et Hibernie Regis fidei defensoris &c decimo tertio, A. B. de C in Comitate 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 40l ster bone et legalis monetae de et in angliae soluend eidem H. K. executoribus administroribus vel assignatori bus suis ad libitu et voluntat dict H. K. executoribus administ= 
=ratoribus vel assignatoribus suorum
Et predictus A. B. vult et con=
=cedit pro se hereditibus executoribus
et aministratoribus suis quod

predictae summae 40li ster de bonis et
Cattellis terr et tentis suorum hereditibus
executoribus et administratoribus suorum
levetur ad opus et vsum pred
H. K. executoribus et administratoribus
suorum ad quorumcumque manus
devenier &c si defecerit in
Condici one subsequent./

The Condicion of the above written
Recognizance is such that if the
above 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 above
named H. K. his executors Administrators
or assignes the Iust and full som
some of 20li 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./

A Condicion of Recognizance for
performeinge of Articles

The Condi
d on of this Recognizance is
such that if the aboue bounden
A B his heires executores and
Administrators and euery of them shall and
doe well and truly performe make
good fullfill obserue and keepe
all and euery 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 betweene the said A. B.
of the one parte and the aboue
named H H.K. of the other parte
beareinge date with theise 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 euery 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
sheppord

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 pint, 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 pint 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 taking 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 the
m or either of them or in trust for
them or either of them shall and from tyme to tyme and at all tymes when they shall be thereunto 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 theire 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./

1 To make Almond milke

Take blanched Almonds, braie them in a morter 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 morter 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

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
eggges, 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 cefon...of flower
egges and boyle them hard then take
the yolkes and pound them with fresh
butar somthing more then halfe a pound
and naple bisket, a quartor of a pound
of almonds, and some Creame & shugar
and nutmeg what quantity of Currons you
think fitt 1691

4

For the Goute 5

Take of Mallower 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
poultes to the ffoote, vse this a day
morneing 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 piece 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, vseeing 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 flower of Burrage, cutt away the white beat them very small putt thereto some Clarified hony & four times as much sugar as of the flower and soe make your conserue, It comforteth the heart

To make perfume of Roses 9

Take seaven ounces of Beniamin in a whole piece lay it in sweet water the night before you vse it then take a pound of damaske Roses water cutt from them all the white sift all the seeds from them then beat them in a morter 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 toge- ther, make it vp in little cakes put of euery
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\textsuperscript{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 soaking fire vntill the Juyce with the 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.

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 settt 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 lynnem cloath, and cast that away which will not goe throughghe, 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 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 morter 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 upon a chafing dish of coales with a little rose water and six youlkes of eggs melt the butter gent-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.

10 your paste. Then mould up your paste round like a loafe then make a coffin rounder, bigger, and higher, then your paste by three inches then rubb your coffin with within on every side that the paste sticke not thersto 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 spooneful, sugar the white of two Egges beat them very well and skimme of the froth & leaves then take all your peecees before cut and Joyce them over therewith. then take sugar bisketts and carrawayes, and strew them over the 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 sackle and put therto as many
of the wilde poppy flowers *that* groweth in corne
as will be steeped in *that* sacke then put thereto
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
againe 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 morter breiae 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

12
the hearbes and put into the liquor the bignes
of 41 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 okecorn 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 this s will soften the
Evola and keepe it from fallinge

21 To make a searcloath

Take fourer ownces of vnwrought wax
halfe a pound of ffrankinsense, three quarter
of a pound of Reyson boyle ^ euery of them by it selfe
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 handful 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 water

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 leave 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 rodds till he be dead then quar
ter him in four pieces 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 longe pepper
as much veneger, an ounce of sugar and four
good nutmeggs, 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 sick 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 the wine till halfe bee wasted and before it be thorowly sodden put into it the shell of a new layd egge beaten to pouder and lett the patient drinke thereof three spoonfull, morning and Euenings

29 A water for the heate of the liver

Take endiue, liuerwort, fumitorie, scabias, sorrell, burrage, violettes. 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 pertes septem; recte numerare addero subtraiere, et bene multiplicare secare progredi et apposita radicis extratiere 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 red 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 reedd 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

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 lynnien 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 spoonfulls 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 approued

36 ffor a Tympaney

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

37 A fume for the timpaney

Take a pottle of white wine a gallon of running 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 rosted or stillled 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 handfuls 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 pouder and if the Canker be in throate or -  
Nose blow some of the powder in with a quill 2  
or 3 hours 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 bennet 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

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 ff for the heate of the liuer
Take liuer-worte sinkfoyl suckary greene Endiue Bougglass or burrage seeth them all in whea and drinke thereof

45 ff for 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 ff for 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 or three dropps in his eyes 3 times a day & lay himselfe downe vpon his Backe a quarter of an houre after

47 ff for paine in the Backe
Take the leaues of Clary frey them in the yolks of Egges and Eate them in the fasting

48 ff for 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 handful stampe them with Ale or Beere make it warme

24
lett her drinke it and an houre as vpright as she can that the goe not vpward

51 For the Emerodes

Take an handful or more of molleyn as much & use mary leaves stampe them with oyle olues 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 grindem 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
times in two houres

54 For the Woman that cannot be deliuered

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 little 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 xxly dayes and every 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

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 for 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 anoynt your selfe therewith a gainst the fire chafe it well into the flesh and it will helpe you

59 for 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 for an ach where soever it bee

Take 3 pintes of white wine, hearbe=grace, bloud wort, red sage horse mints of each an handful 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 for 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 leaves & roots, stampe them with old grease & veneger, or vergise & lay a plaister thereof to the sore and it will helpe you

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 spoonfull thereof fasting euery day it driueth phlegme and corruption from the stomacke.

65 Another for the same

Take two spoonfulls of sallet oile two spoonfulls 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 morter & 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 fourer 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 stomache as warme as may be suffered.

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 Tirtles and fry them together annoynt the burnt place therwith twice every 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 piece 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 oytment 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 piece 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 luice of Rue like much put in the nose and it will make the breath sweet

76 ffor fleame in the stoma\öke

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 spoonfull of treacle one spoonfull of turmericke in powder one spoonfull of english saffron one spoonfull of vycornes 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 morter 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 xxiii hours but he shall leaue bleeding in a little while this is a restraintise emplaisler.

79 ff or the Cough a plaister

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

80 ff or 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 Landice

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

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 green Rynde of a walnutt tree or boughs the outer barke being taken off & seeeth 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 codds 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 juice 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 leaves 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 juice of knottwortt is otherwise called daysees the leaves and rootes pounded and strayne 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 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 Lycores 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 iiiili of Raysin 4 pound

of vnwrought wax bruse the hearbes
together in a stone morter 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 lynnens 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
therewi 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
leeke 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 spoonfuls 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
only

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

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 *itin* 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 nutshell=full & put it in his
drine & 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

42  
stampe them strayne them w  
ith 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 xxiii dayes & after the ninth  
spoonefull 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 sheepe's  
tallow or suett as much as any apple spred  
it vpon a piece of white wollen cloth 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 sheepe's 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

44 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  
annoyn the patients greife in the palme of the  
hands the bowing of the armes the armepitts and  
and hammes and the soales of the feete morning  
and Euening -
104 An ointment 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 handful beate them small putt them in the stuffe sett it over the fire of coales with out flame in a panne of the 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 ointment is made best in balmes mary -

105 To make one haue a laxe

Take polipodium of the oake wash it cutt it in small peeces put thereto a little anyseed 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 xxiii hours and when you will take it off take womans milke or cowes milke lukewarme and dipp therein a lynnen cloath and soe make thereoff a plaster throgh wett and soft ere yow take it off and soe doe it till you perceaeu the heat to be out of it then annoynete the plaister oftimes with oyle of linseed 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 viii\textsuperscript{th}
parte of an houre take it off strayne it & make a plaster thereof and lay it vp

anoyte the sore with the oile of linseed for it is very good for the saueing and gathering

Skinne

46

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

Take the joyce 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 ofter the better wash well the sore place therewith wetttared 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 brwne 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 weake 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 peele 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

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 piece 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 iii 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 therwith
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 thegowte.

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
drineke 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 with the 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 fellow
Take a 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 piece 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

Take a quart of stronge stale ale, then take hearbe grace red sage lilly leaues and flowers sallendine, setwell, selfe heale, valerian Plantan, Agrimony St Iohns 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 Sheepe 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 ointement it will bee better
This keepe for an Excellent and
aproued 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, Rosemary, 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 thathe 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 Sallande
dine bruse them in a morter somthing
fine and boil them in may butter
and take a peece of new buckorum as broad
as the place where the plaice 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 loath sore
with a wet 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 piece of salt bacon and wash it in iii
or iiii waters, the water being something warme
to take away the extreme saltines 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 luyce of it and
mingle it with the dripping of the bacon in such
quantity as you may make it like greene
oyntmen t 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
approved.

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
your 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

58 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 you r cervsse finely and boile it be a goodly blacke browne.

141 A gentle Corasive which bringeth in xxiiiis 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 receaue 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 spreding & 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 St. 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 handful saucer-full and of wheat branne one handful 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

Take 1/2 pint 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 Stitche

Take the dung of a stoned horse when
it is new dunged a good handfull &
put it into a pint 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 stich
Juniper berries and beat them
to powder and quilt them into little baggs
and when the stich doe flee the place
lay alwayes baggs to the place you
feele 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 again or else take new list for that is best & vse them two dayes

146 ffor the stopping of the spleene

Take hartstongue a handfull Endive liverwort and succory of each a hand full wormewood 3 or 4 croppes borage 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 thereto fiue ounces or six of same sugar and lett it boile safely halfe an houre 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 broder then the 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 the 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
and succorie of each an handfull a fennell roote and two parsley roots 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 Camol mill and put these oiles to a pound of mellilot plaister and let the be cut in small pieces 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 &
annoyn 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 ingindered 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

68 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 searcloth 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 Aniaia 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
156 For any bruse either in the Eye or any other place coming of a Stripe

Take parsley, 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 powder 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 used shifted as it drieth. probatum est

157 For sorenes in the throate a sirop

Take 1/2 a pinte of the luyce of great mulberryes & a pinte of the luyce of blacke 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 doeing you may keepe it a yeare or two well.

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 warrne and it will helpe you.

160 To heale a paine and a webb

Take an handfull of 3 leaued 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 thereto 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 ɣ 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 ff or the falling sicknes an approued medicine

Take an hearbe that growth in the low grounds called Lady treate it growth 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 growth 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 verven of each a like quantity viz. 1 1/2 a spoonfull of them both and put 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 aforesaid powder, this is approued this to helpe divers both young and old

163 Aproued medicine for the piles

Take the fatting of a yeallow hose that hath bin much wore cut it of and steeppe it one night in sacke and hold it to the fire as you doe a s toste but burne it not, and then apply it to the place greuied 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 onion and make a coare therein *that* is take out *the* coare thereof and then put therein a quantity of aqua vitae of oile debay, a quantity frankincense and sett *the* onion in *the* hott embers and when it is roasted wring out luyce and put *the* dropp or two in thine eare and lett thine Eare lie downward.

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 garlick and let the sicke drinke it this is an approved 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 flowre 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 with the hearbes a little ginger, and sugar, a pretty deule of nutmegg orange or lemmom

Lemmon peele minced small a little grated or bread, then take a penny pott of white wine, temper the pudding 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 pudding, and marrow a little orange pell and straw them together for your sauce soe searue it with slices of orange or lemmom, You may stuffe a breast of breast of veal with this pudding.

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 going to bedd two nights or more as you find occasion, 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<sup>1</sup> Johns worte halfe a pound of Rosemay of Camomill flowers, of dill, of each a good good handfull of mallowes, 3 handfulls of
melilot flowers a good handful, 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 morter till none of the suett bee seene and what weight the suet containeth the same weight you must putt of pyre 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 violetts 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 enog, 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 handful 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 running is for children, for 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 use.

To make Doctor 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 nutmeg 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 peec of B Lockram
that was neuer wore 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 boile, and when it is cold
put barme to it and to every 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 sickness

Take 2 ounses 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 se^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 Sassages

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 Mariorum, 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 together 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 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, withe the liquor & putt the poultes to the ffoote, vse this thrice a day morneing & evening./. 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
nutmeggs, three or foure races of ginger, some sinamon
bruise all these in a morter, 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 use your scutchineale in this
manner, bruise it in a morter & 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 reds a lighter & a darker in this
Same manner must you use your Saffron you
you must strayne your Jely into shallow panns or
glasses that it may cutt out the hansomer

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 quince 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 panns, then fashion it
upon a pye plate, some like oaken leaves & some like
fruited, 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 ffruited

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
Corraall

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 somwhat 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 morter, 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 almost 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 halfes 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 apricot 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 coulour 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 morter, 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 brisles 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
vpright 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=
-nndon & 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 peecce 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 basket-
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.

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 pufet 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 pieces, your mold being

watered, & your sugar being boyled to a candye height
fill the one halfe of your mold with hott sugar &
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 amberegace & beat all these to perfect past, then mold them thin that you see your knife through them then cutt them in square pieces like Lessings then dry them before the fire two hours 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 pieces, then put them into a pipkin with as much faire water as will cover them & when they bee boyled tender strayne all the liquid substance from them, & into every pint of liquor put half a pound of sugar, and soe lett it boyle leisurely being close covered till it come to the Colour of Clarrett wine then uncover it & let 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 & pour it into your moulds that bee made of wood you must

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

202 To make Quidinock of goose berrys, raspberrys or English Corrands

Take your goose berrys or raspberries or English Corrants and put them into a stone pot with a narrow mouth and soe put them into a pot of seething water otherwise called Balnea Maria & let them boyle till they bee tender, then pour away the liquid substance from them & to every pint of that liquor put half 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 Spirit 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 strawner before you putt your suger into it

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203 To make white violet 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
flowers, then pour it vpon a wett plate, & cutt it
like Losinges, & when it is could the wast peeces
you may beat to powder & soe searce them through
a fine siue, then worke them in past with a little
gumdragon 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 clarifed 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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spoon from them, & when you see them very
tender & redd take them vp & cover them & let
your Syrop stand a cooleing & when your Syrop
is could 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 clarifeyed 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 oriiently & 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 basin 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 posnett of seething water & lett them boyle apace vncouered 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 could 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 take away the bitternesse from them, then putt
them into as much clarified sugar as will cover them, then let them boyle leisurely an houre, then put 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, raspberries or English corrans, & put them into a bason with as much clarified sugar as will cover them, & put it upon a pott of seething water, & let it boyle leisurely close covered till you see your fruit very tender, then take vp your freuites & put a little apple water among the syrop, soe let 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 malicattoones & boyle them very tender in faire water, & let them stand till they bee cold; then take a pint of apple water & two or three spoonfulls or orange flower water, & put into it a pound of clarified sugar, & soe let them boyle vp, then put the Malicattoones into the syrop, & soe let them boyle leisurely, & when they bee boyled tender take them vp & let your syrop stand till it bee cold, & it will Jelly very finely, then you may pott them & keep them all the years. what fruit soever you preserve you shall find that if you pott a little applewater into your syrop it will lelly 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 & put them into a bason with halfe a pint 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 syropp
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 every 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
& sprinckle it with a brush vpon your grapes and
cast suger candye vpon them, being beaten in
pieces 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 billetts 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

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 sprinckle 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

218To 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 pceces, & putt them to a possnnett 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
220 To make marmallett 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 piece 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 spoone 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 marmallett 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 marmallett & 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 half so high as for marmalleet and soe you may keepe it all the yeare.

223 To make Court fritters

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 half a dozen eggs, seasoned with a little nutmeg & 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 morter & putt in it the yolkes of halfe a dozen eggs season it with a little nutmeg & a little suger, & when you haue beaten these well in a morter 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, & nutmeg, 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 morter till it come to perfect past
putting now and then one spoonefull of roswater
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 morter putting now & then a
spoonefull of roswater, 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

through a strainer into a faire boyle meat dish..
soe when it is cold you may slice it & friue it
vpon a glasse 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 nutmeg 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 Ielly 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 lelly.

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 scrape them, & pare the thick rind of them & pound the rind in a stone morter & as they begin to bee small in the beating you must putt in some luyce of Limmons, it will make them beat the better without lumps, your sugers must be beaten small
231 To make an excellent good Jelley. 

Take three Gallons of faire watter, boyle in it a knuckle of veale a Calves foote sliced in two. lett it boyle till it come to hard Jelley, 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 Jell 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 hour and lett it runn through your Jelley 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 theire 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 Jelley of rasberryes or goosberryes

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

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 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 put 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 syropp & 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
cyrop 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 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 get, 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 rasperrye 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 rasperryes

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

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, whilst 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 peele, & putt them into an oven, that is not too 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 euerie pound a quart of water, boyle them till they bee tender & that they sinke in the water, then strayne them if there remaine aboue 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 towared & boyle it leasurely & when it is as redd in your spoone as clarrett wine, then boyle & box it as before

245 To make Ielly of pippons

Take the fairest pippins you can gett, pare, core & quarter them, & to euerie twelue of them, take a quart of spring water, then putt them together in a preserving pann, & lett them boyle till the sugars 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 jely, 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, & stir 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

& put in the suger by degrees, then lett them boyle
vntil 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 tiffany, 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 raspberries with jelly

Take raspberries & pick out half a pound of clearest fairest, then take out the rest & strain out a pint of juice then take a pound of sugar & put it into the juice, & boil it to a weak jelly, when it is cold put in the raspberries & boil them fast until they are enough, & then put the raspberries in glasses & pour the jelly upon them.

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252 To dry cherries Mrs Wards

Take cherries & stone them, then weigh them & to six pounds of cherries put one pound & a half of sugar, beat it small & strewn the bottom of your pan with some of it, then lay your cherries in & strewn the rest on the top of them, then put in a little juice & set them upon a soft fire till they are melted, then boil them as fast as you can, but not too long, then take them off & let them stand a night in the syrup, & then put them one by one upon a sieve & set them in an oven or in the sun; turning them till they are dry.

252 The best way to preserve ripe apricots

Take the fairest apricots & give them their full weight, & to every pound of apricots put a pound of double refined sugar beat your sugar in a mortar, & to every pound of sugar put half a pint of water, let your syrup boil till it be scummed, then take it off, & pare your apricots thin & give them a cut to the stone on the lifted side, & put them into your syrup & keep them on a gentle fire of charcoal, but one simmering heat, now & then letting it boil but not too fast for they are apt to break if they are not very careful & shift them sometimes with your spoon from the sides to the middle of the pan, let them have room 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 won a pie plate one by one, & let your
syrop boyle till you have scumed it very
clean, 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 then 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 always 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 &
put 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 sugar finely searged, take two spoon fulls of rose water & boyle a little gumdragon in it then beat it with your Almonds and sugar, 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 halves when they are watered, & when they are boyled tender cut them in pieces, 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 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 lelly put in the juyce of two oranges & limmons & when it is boyled to a lelly 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 syropp once a day but not your Limmons & turn your Limons when you heat your syropp, then take four them from your syropp, & dry them from in your stove, you must bee very carefull that in 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 juice 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 luyce & 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 consere 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 consere, then put in a little ambergreece & the lyce of a Limon, then boyle it till it come to a conseree still stirring it, when you are ready to take it vp put in a little more Limon

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 reflexion of the glasse gies a greater heat then if it were in the open ayre, then shift them once or twice a day vpon cleane plates till they 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 think 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
262 To make marmalatt of Apricockes

Take your Apricockes & pare them & then cutt them in halves, 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 apricockes, 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 Apricockes & 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 lugg, 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 lest it make the colour too deep, but as soone as they are any thing soft take them vpp, you may pour out the cleare luyce & make cakes of it by it selfe if you please & of the thicker substance by it selfe, when you haue taken the scum & stones 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 marmallett glasses, &

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
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 Marmallett 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 skillet 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 to 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 youwr tast, two handfuls 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 luyce of a Limmon on them, or of an orange & soe serve them.

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 spoonfulls of rosewater, one of sack, one graine of muske & a handfull of reasons with a little limon pill

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 nutmeg & 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
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 morter, & keep them from oyleing with some of your cream, & stirr them amongst the pith, then take a good of quantity of suger, & beaten synamon & a little sliced nutmeg & six spoonfuls of rosewater, & a little salt, & the yolkes of eight eggs, & the whites of four of them, & a little ambeggreece, a spoonfull of grated bread, & the marrow of nine marrow bones, cutt out in pretty pieces, then prepare the hogs guts very cleane, & lett them lye a while in rosewater, & so fill your puddings, beat your ginger with your almonds & straine them into your cream

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

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 comfits, & bake them on
paper,

282 To make black puddings

Take a quart of sheepe 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 little
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

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 Currants, 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 fritters Mrs. Ward’s

Take an handful of Curdes & an handful 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.

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 comfits 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 lemmmon and cutt the lemmmon and put it in, then beat it with

155 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 thickness, 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.

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 3d 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 uppermost 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 stirrering, shifting it with warm water vntil 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 milke, a blade of mace, then boyle it to jelly height, then sweeten a little rosewater with a
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 morter, 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

161309 A medicine for a Consumption

Take 10 or 12 garden snailes wash them well in
faire water half a dozen 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 pint 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 pint of new milk over night with
a sliced nutmeg in it, in the morning
straine it, then take a quart of cream
and another pint 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 couered
for a day or two, then distill it in a glass still
and put in the glasse the water drops into some
sugar candy kindly beaten and when it
stilled stop it and set in an ouen 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 bye Sř 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.

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 woodden 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, 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 morter, 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 have 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 upon 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

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 dozen sweet almonds and blanch them, & beat them, then 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 again.

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.
them out of the water, and lay them in a clean woodden or earthen dish, then with a sharp knife cut them in the middle and take out all the succey 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 mettle 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 boyling 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 morter, and with a woodden pestell pound it it very small till it be like paste this being done take your juice which you pickt out and putt with all your pills that you pounded into the morter, and pound them together very well, then take it all out of the morter and putt it into an earthen bason, then take fine loade sugar & putt to it the just weight, being finely pounded and putt it all into a bell mettle pan and boyle it all to marmallett. 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.

169

juice which you pickt out and putt with all your pills that you pounded into the morter, and pound them together very well, then take it all out of the morter and putt it into an earthen bason, then take fine loade sugar & putt to it the just weight, being finely pounded and putt it all into a bell mettle pan and boyle it all to marmallett. 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 grind them very small and as you grind them drop a drop or two of rosewater now and then to keep them from going 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 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 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 syrrvp 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 perceive the sirrup to jelly and the quince inclineing to a deep colour take them up and lay them in several glasses and receive reserue some of the sirrup 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, sprincle
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 halves, 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 sirrup through a double cloath, then put it into the pan againe and make a jelly thereof which you may know to bee

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
wine with three spoonfulles 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 upper 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 syrrup. 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 parte, 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 vnpon a cloath and
when they are well dreined from the water
.. weigh them and for euerie 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
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 sirrup 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 sirrup, which may bee a pound
and an halfe, and when your sirrup 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
mincing 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 thicknesse 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 claret wine and vinegar seasoned with ginger and sugar, boil 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 pounde of sivil soap, wheat floure three handfulls, Civet three graines, beat them all together in a morter and temper very well and so make them up To make black washing balls take storax and beat it with them

343 Jelley of Raspaces

Set raspaces clean picked on the fire vntill they heat drive out the moysture and with crushing pour 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 jely likewise too much sugar keeps it from jelling

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 morter then put to them a quart of the best white wine
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 with 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 morter

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 houeshold bread, and when it is drawne take out the bief whilst 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.

348 To make the Carraway water

Take two quarts of spirit of sack and put therein two pounds of Carraway comfetts, 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 marmallett

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 put into the syrrup 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 sirrup lookes of the colour of claret 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.

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 griefe and if the lungs bee wounded or perished it mightly 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 pints of faire water into a well glazed and clean pipkin with a quarter of an ounce of marigold flowers and as many cowslip flowers or a quarter of a pint of cowslip water, cover the pipkin very close and set 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

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 churne 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

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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 lemmom with your spice and boyle them together and when it is well clarified take it off and season it with the iuice of a lemmom & sugar and run it through a jelly bagg
vntil it bee cold, then take it out & scrape away the bottom if there bee 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 bee 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 vseeing it

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 sirrup, 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 bee 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

197 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 all in these following Sasaprila 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 going to bed. haueing lightly supped. You must cut the Sasapril 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 each three drams half an ounce of the powder of cloves two sscuples 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 For 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 violetts 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.
368 To make Pancakes

Take 16 yolkes of eggs & 8 whites beath them very well then putt a quart of new ale, a pint 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 fritters

Take a quart of milke warm it make a possett with half a pint of sack & half a pint of ale if it doth not turne, then keep it on the fire stirring it till it doth turne, then take 8 yolkes & 4 whites of eggs beat them very well with a rodd, then streine them into the possett, curd & all; season it with a pretty quantity of Ginger & some grated nutmegg & sterr 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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nutmeg & stir as much flower as will make it batter cut your 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 nutmegg some currants, citterne & sugars as you think fitt to season it then putt it into past

372 To make Syrrup of Clove Jylly=
=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 put the fire till it just 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 & 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 rowses till you have filled the pott as full as you think convenient, then take the best white wine season it with salt & putt in what quantity of Dill you thinke convenient, sett it over the fire lett it boyle & take off the scum 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 & nutmeggs 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 unset hyssop, a hand full of hartstonge
boyle these all together till the 3d 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 steept 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 lescar Cold seeds of each 3 drams
Infuse these Ingrediants a whole day in 6 pound of fayr watr
then boyle it till a fourth 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 watar to the Consistanc of a sirop