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Last Updated: 9 September 2020

V.a.600: The Lady Grace Castleton's booke of receipts: manuscript

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Grace Lelasce
booke of receipte.

This Lady
Grace Castleton 's.
Booke of
receipts.

The Grace Cast
aa
ooooooo

2
Lady
Ingram

A water good for the vapers of
the mother & splene,

Take Galangalls & herbs cardimony & single
piony seeds of each four drams, and 2 ounces
of millilots flours with a handfull cowslip Rose=
mary & Sage flours. And nutmegs cloues
mnce & genger of each four drams, bring all
these into gros powder and infuse them all
night in three quartss of white wine together
with a quart of good Aqua-uita & a pint of
the iuice of Sallinaden Then distill it with a
gentill fire the next morning lett the water
drop into halfe a pound of whit suger
candy finly beaten, this may without
danger be takin in a feauer,

my Lady waricks Sittron warter

Take 10 Sritrons & pare of the galon rind & iuce them a bruse or 2 in a sone morter then infuse them in sack sume 2 or 3 days & nights in sum deep whit pott then couer it with a salour & couer it uery close in the time

2
the rind is in steeping you must take the white & the meate of the setrons & cutt them in peeces, & putt sum whit winen into it the night before you still them which must be don in a Rose warter still, then take water butt it into the infused sack & sritron and stur it all together then put it all into a stilling glas limbeck the deepest you can gett & suit it uery close & sett the glas limbeck in a pott of water, but roule it aboute first, with a wrath of hay for fear the glas breake, ther must be a good fire kept under all day butt lett it not still ouer fast you must putt noe could water in the pott your limbeck is in but keep still hott water by the fire to putt in as the water consuems, & to the glas your srittron water drops in you must put suger candy finly seearced magestareall of pearll a littill ambor if you please sum halfe a quater of an ounce of pearll will be anoufe for a pint as your srittron is in binnes soe you must order them, for your limbeck must be butt halfe full when you still itt, & suit it close up,

3
Lady palmer,

Lucantulus oyntment or balsom admirable for wounds

Take veanes Turpentin one pound oyle of olive 3 pints yellow mix halfe a pound one ounce of natuerall balsoum one ounce of the oyle of St Johns wortt of Redd Sanders pourdred one ounce sex spounfuls of sacke, cut the wax &
melt it upon the fire & then take it of & put the turpentin to it, hauing first washed the venis turpentin thris with dammask Rose water, & hauing mingled your sallet oyle with the sack put also the oyle to them & putt them all on the fire storing them till they being to boyle, for if it boyle much it will roun ouer speedily then lett it couule for a night or more, till the water & wine be sounk all to the bottom then maks hols in the stoufe that the water may rone out of it, which water is good to wash wounds which being don put it ouer the fire againe puting to it the balsom & the oyle of St Iohns wort, & when it is melted put the Saunders to it sturing it well that it may intorpireat & when it first begins to boyle

The vartues,

1 It is good to heall any wound inwardly or outwardly, being squerted warm into the inw= =ard wound being applied to an outward wound with lint annoynenting also those plases therabouts it not only taketh away the pain but keepeth them from infilmaton & drayeth forth also all broken bons or any other thing that elce might putrifie or fester so that the brayn or inward places of the hart guts or liuer be not tuched it will heall it in 4 or 5 tims dresing so that no other thing be aplied ther onto,

2 It also healeth any burning or scolding or any brouse or cutt being furst annoyned with the sayd oyle & a piece of lining cloth or lint dropped in the same being warmed & la yed into the plase it will heall in with out any scarr remaining

3 It helpeth the head ache by onnoyning the temples & nostrils & therwith,

4 It is good against the wind collick or stick in the side being applied therunto warm with hott cloths 4 mornings together & evey morning a quarter of an ounce,
5 It is good against poison & helpeth any surfe
taking the quantity of an ounce thereof in a littill
sack warmed,
6 It helpeth the biting of a mad dogg or any other
beast,
7 It is good against the plague annoynting only the
nostrils & lips in a morning before the party
goeth forth,
8 It helpheth any ulcer or festilay be it neuer so
deep in any part of the body being aplied as before
sayd for a cut,
9 It is good against worms & kankers being ineserd
as to a cutt but it will requir longer time,
10 It is good for one infectied with the plague mes
=els or the like soe as it be presently taken
in warm broth the quantity of quarter of an
ounce 4 mornings together & sweating upon
11 It helpeth disgestion annoyntong the nauell &

6
stomeck therwith when the party gointh to bed
12 It will stanch any blood of a green wound
putting a plaster on & tying it verry hard,
13 It is good for any ulcer in the blather or
kednes taking a littill quantity of it morning
& night as bigg as a beane in warm sack if
the partys stomock will bear it, if not take too
pils of it wrapt up in a wafer when you goe to
bed drinking a littill warm Alebery after it
this by expearanee hath don good to many,
Lady
Frankland

A water for the landis for opening
the liuer & spleen for obstouctions for the
colick & wind in the stomock,

Take a peck of garden sneals wach & boyle
them in beere strring them as long as they,
make a noyse then putt them into a collender
to drean wipe them clean & putt them into
a morter beate them shells & all till they be
small, then take a quart of earth worms slett them
score them with salt wach them in beer & beat
them small, take too handfuls of angellicoy & as many

7
of sallinden lay them in the bottom of the pott
with 2 handfuls of Egremony two of bearsfoot
2 of betony two of wood sorill two of Red dock
roots 2 of the barck of barbary trese & of rue
halfe a handfull sred, of Tene^yreeck & Turmireck
each one ounce of saffron beaten to pouder the
wight of Six pence Six ouncis of hart horn two
ouncis of cloues beaten 2 quarts of Rosemary
flowrs or Rosemary tops, you must putt in the
sneals & worms upon the harbs lay upon them
halfe the woodsorrill & Rosemary flowrs then lay
oppormost all the harts horn & saffron take 3
gallans & an halfe of the lees of wine & put them
in the pott then sett the limbeck & make it close lett
it stand all night &, in the morning still itt
this water must be takin fasting in the morning
&, you must fast after it 2 houers,
Take two sponfulls of the strongest with fore
sponefulls of beere & a littill Suger, of the small
=ist sort as must beere as water you may drink
dify it also att fower a clock in the afternoune,

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8

To make Couslops water, Lady Lister

Take 2 gallans of Strong Ale a measuerd
peck of picked Couslops 2 ouncis of Anniseeds
brused halfe a pound of lickerich sliced, mace
& nutmugs cinimen cloues & ginger of each
a quarter lett all these lye in the Ale a week
close coruered, then putt in 2 handfulls of cor=
rons 2 sponfulls of pepper brused, wormwood
& Angilicay of each 2 or 3 branches, bettiny
hare hound ground ieue pellitiry of Spane liuer=
wort harts toung St Iohns wort dandilion
mugwort mugwort sperment cardus benedectious
checke weed yeallow mouse eare Alicompany &
comfhey of each a handfull, lett all these laye
2 or 3 days more then still them in a lim=
beck close coruerd & sober fire to distill
lesurely if the pott be not full putt more Alle
in it that it may be filled so the inward
brim of the pott your glas that it drops into
must haue a wide mouth & hould 2 quarts putt
into the glas one pound of bron suger candy brused

9

one pound of the rasons of the sonn stoned &
shred a quarter of a pound of dats shred small
2 neutmugs greated 2 reaces of genger sliced
a few cloues brused 2 or 3 leaus of mace a
stick or 2 of siniman then make a linning
bagg to goe into your glas & putt therin a hand=
full or 2 of couslops the ends cutt of a littill
more suger candy brused stir your glas euery
day & sett it in the sunn till your suger
candy be dissoulued keep it very close couerd

To make the palsy water Lady Lister

Take the flowrs of Rosemary sage & betton
=ny of each halfe an handfull, the flowrs of
borrige buglasse lillium conuadium & couslops
flowrs of each a handfull keep these in Spriets
of wine muscadin or Aqua=via which you
plase 5 quarts ^ spiritt of sack the best each one in ther season till all
may be had, then putt to them balme motherwort
bay leaus, leaus of orange tree with the flowrs
if they may be dhad spike flowrs of each one ounces
putt theese to the rest, with as many lauinder flowrs

10.
stript from the stalks ass will fill a Large
gallan glass keep all these 6 weeks after the
Leauender be in them distill them in a lim=
beck very carfully ^ lett it run 2 quarts then putt into the distilled
water citron pilles pinany seeds hulld of each
6 drams cinniman nutmeggs mace cardomonis
yellow sanders of each halfe an ounce lignum
aloes one dram make all these into pouder &
putt them in the distilled water & putt to them
of lubbobs all most halfe a pound the stons taken
out cutt them small & close the vessell very well
with a double blather lett these stand 6 weeks
then strem them hard with a press, fill the rate
the Lickquer & putt therto prepeared pearll, Smar
=dage musk Saffron of each 10 grams of Amber
Greese Scubele Redd Rosses well dried Red &
Yellow Sanders one ounce hang these in a sarsnet
bagg in the water stop it very close that
nothing brath out & keep it for your use after
6 weeks pres out the bags,
To make Aquamirabeles,

Take Gallengell cloues Cabods mace nutmegs
genger mallilot Cardimony of each 2 drams, &
of the Iuce of Selendine a pint but all the pouders
into the Iuce with a pint of Aquativity & 3 pints
of good white wine then putt all these together into
a glass still & lett it stand for all night & on the
mory still them with a soft fire, this water is
good for the plague conuultions & to make on
halthfull & look young taking euery morning
of it you must put into the glas that receues the
distilled water a pound of whit suger candy
& soe lett the water drop upon it,

To make a rare grat cake,

Take 3 pound & a halfe of fine flower &
3 pound of corrans well picked & wached &
lade in a clothe to dren all night you must
haue the flower lett by the fire all night & warm

16

when you make the cake, Take a penny worth
of mace clous & cinimen a quarter of a pound
of suger & sum salt let all these be made
warm & putt them into the flower, than
Take 8 eggs butt 2 whits beate them very
well with a littill cram, you must take a
pint of cram & a pound of butter & halfe
a pint of rose water but all these into a pan
melt the butter, frist put your beaten eggs & then
a pint of uery good yeast last of all the cram
& butter new milk warm when all is in couer
it close & sett it before the fire & let it stand
till it be rissen then take a quarter of a
pound of rasons stoned & shred & putt
the currans & rasons into the cake warm
sturing it well with your hands then sett
it again before the fire & couer it & lett
it stand sum quarter of a hour or more
then knead it a littill & lay it upon brone

17

paper cutting of it a bout the egges & midill
then then sett it presently in the ouen & lett it stand
3 quarturs of an hour then take halfe a pound of suger beaten & wett it with Rose water take the cake out of the ouen & doe all the suger upon it then sett it in agine & lett it stand a quarter of an hour, all the things must be put in warm butt the eggs & yeast,

To make the Lady Allins water against the plague or to be giuing after a surfett,

Redd sage
Celendine
Rosemary
Rue,
wormwood
mugwoot
Pimpernell
dragons
siabious
Egremony
of each a handfull or like quantity by wight,

(18
Rosa solis
Ballime.)
wach & shake these hearbs in a cloth then shred & putt them into gallin of whit wine & Add thereto,
Gentian roots)
Anglelica roots)
of each one ounce
Lett it stand 2 days & 2 nights couerd close & then distill them stoping the glas uery close in which you keep the same,

To make the grene oyntment,

Take red sage & rue of each a pound the youngest bay leavs & wormwood of each halfe a pound pick them wach them & cut them small & bray them long in a fare mortar then take 3 pound of sheep scuet hot from the sheepe minch it small & beat it with

those hearbs till all be of one coler then
put all into a fare bottel bowell of the best oyle
oliue working all together till it be a littill soft
put it then into an earthen pott stop it close
after 7 days then boyle all together on a sweft
fire put to it when it is halfe boyled 4
ouncis of oyle of spich being all well boyled
together then strene it through a canuis
bage into a gally pott couruering it close
with a leather on the top of it with this
oyntment anoynte any place griued rubing
in it till it be drye take heed of burning
it in the boyling therefore stur it continu
=ally boyling it softly & on an easy fire till
it be grene,

The virtues,

If you anoynte your stomeck it helpeth
digestion it expeleth all obstructions, rub
sum of this on the small of your back it helpeth
the stone the quantity of a peg chafer in the eare
& stored close with blackwool helpeth all pean

it is good against all aches fellons swell=
=ings of woulds the totheake proseeing from
any cold roume, it helpeth any bruses or
stren in the vains it is good against the
crampe, all kind of sitches borning scalding
stich stren in man or beast, it is only
made in may, & well close keeped fast
many years with carfull & coule setting,

Take crabes of the sea gatherd at a Const=
ellated time, which is when the sunn & moon
are in coniuencion in the signe cancer they
must be a liue & dead in that time,
take the shells of the black cleues, beate
them & searce them though a teffing
to soe fine a powder that it may melt
in your mought, then take 4 ouncis of
this powder for every 4 ouncis of this
powder add halfe an ounce of pearll &
halfe an ounce of carrall bett & searced

likewise to as small a powder as the other
incorprate them well together,
then take a quart of spring water, put to it xiii Sckinnes, (if more the better of Snaikes such as they make ther viper wine of in London, they must haue ther talls cut of aboue ther ventes & ther heads, then fley ther skines of them, those are they that must be boyled in the water, must they must be cutt into peicys of an iuench long, but to them a quarter of an ounce of the puerest leaufe gould masce rate it well before you putt itt in, boyle all these vpon a cleare scharcoole fire to a gill & less of leq^\text{or}, you must be carfull it boyle not dry least you lose your ingredeance, this is the Gilly you must make it vp with, into cakes & is called the fire of Anemalls, when you haue bouled it to a 4 part & less you must then strenede it form the skines & mak ing your leaded pipking clane, giue it owne

22)
other boyle with a littill cyparis ragg that hath in it a small quantitiye of musk & Amber grece if you make a duble prepotion you must likewise add a double prepotion of your pearle currall skinns & gould & water & boyle it doune form a pottell to one pint and less, you must alalso putt into a porringer x or xii sponfulls of red rose water & what quantity you plase of good saffran which must stepe in it one night, & when you haue boled the lequor & strened it from the ingredeance mingle this water with the other,

To make the small Rispis wine,

when you haue made the strong wine take the rasons & put to them 40 pints of spring water, couer it close & lett it stand 6 days then power it out cleane

(23)
from the rasons & putt thereto every 6 quarts of this lequor one quart of the luse of Rispies putt it into a barrall &
let it stand warme 3 days open to work, then stop it close vp & lett it stand 4 weeks then bottell it vp as you doe the other,

To make oyle of chrity good for all swellings of pangs,

Take red sage lauender spech esope camemille bettony rosamary sallinden plan =ing of each a handful shop them smalle & put them to as much oyle olliue, as they will make very thick sett them in the sonn 9 days stur them once a day, then sett them on the fire one hower but lett them not boyle, strene out those hearbs & put in as many more Lett them stand as long strene it & put in as much chrainy otherwase velarien lett it stand 9 days then sett it on

24)
the fire as you did the other then cleere the ole into a glas bottle & keep it for your vse,

To make the yellow salue good for ould sowers,

Taken Rosen & parrofen of each halfe pound veargens wax & Libanume of each a quarter, harts h'orne & sheep ^ suett a quarter mastick an ounce camther halfe an ounce venes turpintin 4 ouncis bete those gums fine & scarce them, melt them with the wax & so strene them unto a pottell of white wine, & after all is boyld together stur them being taking of the fire, & put ine in your turpintin & campher betten small soe stur it till it be could then make it vp in rooles,

To make aquadechredrag,
(27) when the ouen is could take them out & turn them in to clane dishes & soe lett them stand if you haue no sun to sett them in till you haue another ouen to dry them in,

To dry Aprecoks,

To a pound of apricoks take halfe a pound of double refined suger then stone & pare the apricoks, & lay one halfe of the suger under the apricoks & the rest on the topp, & soe lett them stand 24 howers then boyle them fast for a quarter of an hower then lett them stand in the sirrup 48 howers turning them, when they have stayed one day, after 48 howers lay them out & sett them into a stoue, turning them upon fresh plats the first day you lay them out turne them euery halfe hower on fresh glassis if second day turne them euery hower, & after as you se cause untill they be dry,

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28

To presarue aprocoks in slices,

Take a pound of double refined suger boyle it candy hight then haue your aprocoks ready pared & sliced as thin as you can 3 quarters of a pound, then put them in the candy lett them stand 6 or 7 days in the sirrip every day warm ing them but not boyle, when the sirrip is thick anoufe, put the slices slice by slice in the bottom of your glass & but the sirrip ouer,

To make marmilate of Chreess

To 2 pound of Chreess take halfe a pound of suger & 2 pints of the iuse of Chrees stamped & strened putt all these together your Chrees being stoned & boyle it to a marmilat but doe not brake your Chrees
as littest as you can, put it into marmilat
Glassis,

29

To make marmilate of
Aprecoks,

Take 3 quarters of a pound of ripe Aprecoks
pare them & cut them into a pound of
suger finly beaten couer them with suger
& lett them stand all night the next day
boyle it up to marmilate, & Glass it,

To presarue damsons,

Take one pound of suger & a pint of water
boyle it to a sirrip & skime it then take
a pound of good damsons wipe them & slit
them of one side when the sirrip is boyled
put them in the slits donewards, couer them
& lett them stand upon as much fire as
will keep them warme but not to boyle
thus lett them stand 6 howers & then boyle
them safely up skim them well & put them
into a pott close, | you must presarue these
ather in siluer or puter

30.

To presarue Chrees

Take one pound of chres & cup them
Then take a pound of suger & a quart
of the iuse of Chres boyle & skime it
well & when it is very hot putt in your
Chrees Let them boyle very well & fast as
you can till they be anoufe,

for one that maks bludly
bloudy water,

Take six quarts of strong Ale wort, one
ounce of Anniseeds & 2 ouncis of Lickorich
a good handfull of march mallowes roots lett
them be cleale washed & picked & then sliced
into small sliced, put all these (except the Lickiorish) into a grate pipkin & Boyle them gently till halfe be consumed &, set the Lickorish be put into them not aboute halfe an hower before you take it from the fire, lett it conti =new in the pipkin all together, take a bout halfe

(31) a pint att a time warme being first mingled with a good sponfull of syrrip of succory it must be taken in the morning fasting tow or three howers after dyner & last at night,

To make marmilate of quincis white,

Take quincis coddill them pritty fast then pare them & cut them to the corrs into a siluer pasam, bruse it with a spone very well & sett it of the fire, lett it Boyle but keepe it sturing that it doe not sett too, when you haue boyled it pritty dry, then to a pound of these quincis take 3 quarter of a pound of doule refined suger Finly beat when the quincis is dry then put in your suger &, lett it Boyle till you think it well marmilate, then put it in your glassis,

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32

To make Cracknels

Take halfe a pound of fine flower & as much suger finly beaten & 2 ouncis of could butter, & a sponfull of carraways seeds being all night steeped in venecer, take them cleane from the lickquor & put them into the yolke of three egs a littill rose water, stepe a littell muske & ambergrec in rose water worke the paste all together then role a peice thin as a wafer, & cutt it with a drinking glass round, & lay the caks upon a pye plate being don thin ouer with fresh buttur, beatte the yolke of an egge with a sponfull of rosewater & anoynt them with it, prick them with a pin & sett them in
a pritty quick ouen when ther are brone

take them out, & take them of the plats with a
knife,

33

To make one consueue,

Take a quarter of an ounce of cryprus
turpentine & as much of the powder of
bettony chamaepityea Ligkirise with halfe soe
much powder of nugtmugs as of the rest
make pills and take them in the morning
fasting, 3 or 4 pills at a time for many
days together,

for draying out a thorne,

Take black sage & veanes turpintin of
both the like quantity & mixe them, then
cut a bise of leather with a hole in the mid
est & lay it on the sere with the hole where
the thorne went in & fill it up with the
aforesade cumpounde,

34)

A plaster for the worms,

Take a round peice of red leather prick
it full of holes with a knife poynyt then
rub it ouer with wormwood till it be limber
on the fleshy side then spred it ouer with
good einglesh honey till it be well supplied
then spred it with alloes sicatrina till it
be well pounded then warme it & lye it on
the navill of the child,

for the stone,

take the powder of
Amber make it to
pils with turpintin
Take 3 Amber pills in the morning or
afternoone when the stomack is empty, &
drink presently after a pint of possitt
drink of alle & white wine the luse of a
leamon & 3 sponfulls of sirrip of Althea
fast an hower after it,

35

for a woman that hath vnkindly
Labour,

Take mire 4 drams & scrape it small
& giue it in any warme drink,

for one that is apt to
miscary with child ,

steep nuttmuggs 3 days in white wine
venniger being pricked with a pin then rost
them in Ashes & grate of them into a dro
ught of muskindin & the yolke of an egge
beaten well & warmed soe drink it fasting
in a morning use it often,

To auide miscaring

Take a handful of nutt kearnels grind
them with 3 dats then take a good quantity
of maumssy & grind with it & soe strean
them boyle them & thicken it with an egge
boyle in sum sineman & soe eate it warm

36

to further a wommans throws
or too expell a dead chield or too
bring away the after birth

Take date stons dryed & beaten to
powder & the powder of granes & cuminseeds
of each a like quantity putt thereunto sum
sraffran & amber being finly beaten
mingle all these powders to gether & drink
a good sponfull of these in a darught of
maumsey
The powder of a horss stone dryed & taken
in white wine the quantity of a french
crone is good for the same case aboue named,
for a strene,

Take mallus cammimall gronsall & check neede of each a like quantity stamp them in a morter, & frye them in hogs greece & soe aply them hott to the strene,

37

.to make sirrip of Turnips,

Take a peck of turneps putt them into a stone pott hott, you must pare & slice them stop the pott close & sett it in an ouen with your bread, when they are backed strene them & putt in a pint of stop water & then to euery pint, put very neare a pound of suger, boyle it vp to a sirrip, take 3 or 4 sponfulls first in the morning & last att night, this is good for a consumtion or could,

A very good plaster for a consumption

A water for any sore ould oulsoar

Take 3 quarts of smithy water & lett it Boyle softly on a cleare fire & as the scume rises take it of when you haue soe done take it of the fire & putt into it halfe an ounce of brnt alloum & halfe an ounce of white copperis then sett it of the fire & lett it boyle a littill, then lett it be powerd in earth =en or puter dishes & lett it stand all night

38

then putt it into stone bottels, when you dress any sore wash the sore first with it then more fresh & dipe lint therin & lay it upon the sore, & soe doe twise a day till it be whole,

To make crame Cheeses
Take a galland of 7 pints of boyle your creame & 3 pints a quart of crame put sum runit to it as sone as it is come from the cow, when it is well come putt it into the fatt without braking. putting it in by dishfulls at once that the whay may haue time to run from it fill not your fatt too full then put it in a fare wet cloth & press it till the whay be ran from it, lay these Cheeses in fresh grass turning them euery day for 3 weeks & then you may eate them,

39

for a consumtion by D: butler

Take an ould cock sume. 2 or 3 yeare ould dray him and dress him but him stons & come & all into a pipkin with a gallon of fare runing water & boyle him well on a charcole fire & when the skim rises take it of & then put into the pipkin 2 ouncis of cheany cutt small and one handful of made= ons hare and one handful of white Arck= angell & one pound of rasons of the sonn stoned & one pound of dats stoned, one ounce of harts horne & x peices of ould gould lett all these Boyle in it 6 houers then take it of & strene it well, this broth will, jelly & you must take 7 sponfulls in a morn= =ing & the same quanity in the after noune soe long as it lasteth,

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40)

To make spanish crame,

Take a pottell of new milke & 2 pints of crame boyle it a good while, when it is boyled putt it into 3 or 4 bouls new milke warme & in the morning take the very thickest putt it into a littill boyle & stur it untill it be like cruds, you may star it with a back of spone all one way or else it well be butter,
To make sider,

Take kentish pipins pick out the blacks
stamp & stren them as you doe verges
then putt the iuse into a pan & boyle it & as
the skime rises take it of when it & boy=
=led & could, put it into uesels & after
a months put itt into pottels,

41

To still Balme water

Take the young topps of Balme a day before
you still it & sprinkell ouer it with your
hand, the best white wine as much as will wett
& 4 nuttgmugs beaten then disstill it in
a glass still, putt into the glass receus the water
4 grans of amber greece halfe an ounce of
white suger candy soe it drop opon it,

A good broth,

Take 2 chickens & cleue them breaking
ther bones putt to them a gallan of water
grat handfull of rasons of the son stoned
sponfulls of pearll sbarly a handfull of
wood sorrell a grate handfull of ringoes
well pilled & so boyle it on a soft fire
till all the goodnes of the chickens be
boyled forth

42

To make Gelly of harts horn
good for a consumtion,

Take 3 ouncis of harts horne finely
scraped putt it into a pipken with 3 pints
of spring water sett it on warme on em=
=bers for 21 howers & boyle it till halfe
be consuemed, then stren it though a Gelly
bagg into a clane siluer bason, putt in as
much suger as you like it for sweetnes
& a stick of seneman a sprig of Rosemary
& a littill lemon pille with sume of your
Iuse which you must putt in after it is don, when it is boyld saftly to a gelly, then putt it in glasses, & eate of it in the morning & after noone warmed with a littill brad,

43

for sore eyes

Take ground luie Celandine & daies of each a like quantity stamp & stren them but to them a littill rose water & suger & soe drop it into the eye with a feather

A soueran water for any thing that lyeth in the hart of stomeck small pox or measells,

Take egromonde wormwood saladine sage betony burnett sorrell & a littell route of elycompany the rout stamped & the hearbs shred with twise as much rose mary as of the rest then stepe them in the best wine you can sett 6 days & 6 nights, & then stren the hearbs from the wine, & still the hearbs by them selfes, for ther water with a littill methridate will driue a way any Sicknes from the hart, then still the wine & it is good a ague with trekle or mettredate good for an ague

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44

for a strene

Take black oxe dounge & fry it with deere suett & white wine vineger & soe lay it to the strene very hott,

for the w^hitte

boyle new milke with redd sanders & Isinglass so take it morning & euenge,
to stay a lax

Take 2 handfulls of water mintt & a spon =full of hole peper boyle them in a pottell of new milke vntill halfe of it be consuemd a way & take of it a good drought in the morning noone & last att night forbearing meate or drink for two houers after euery taking,

A plaster for the collick

Take wormwood mint sage rosemary all dryed of each a handfull beaten small & add therto baybery cloues mace beten of each a sponefull

(45 these powders being ridy, boyle a pint of stronge alle with sume honny untiill it be a sirrip then incorparate all the powders with sume of it, & spred it on sheeps letter, & aply it hott to the stomock & body att what time you haue neede, this will not sarue aboue 2 or 3 days if soe long halfe a gell at a time, while you use this after take lickerish Anniseeds & white suger candy all made into a powder, & take of it any time of the day it is good for shortnes of the breth

for a burning or skalding

Take salt brien & bath the burne or skald therwith, then take sheepe sutt fresh butter new sheeps doung goose doung ground lue barke or tutsan, the inermost riend of burttree house lick groundsell fry all these together keep it for your use, annoyt the place ther with

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46)

A daett drink for the goute by docker myearne ,

Take of salts pariglin 8 ouncis, of China
10 ouncis, of the routs of ferne of famall docks pionye malle, each 4 ouncys, of the leaus of egremonye liuerwort lungwoort scabious foolefoote, each a handfull, ground pine 4 hand =fulls, flowers of couselops, an ounce & an half, nuttmugs, an ounce, & leet these be put into a linning bagg & tuned up in 6 gallons of new beere of which you are to beging to drink after you perceue the beere to be cleane & drink it for your ordinary drink.

for the whits,

Take veany turpintin & boyle it saftly in a pan of cleane water till it be hard & then scrape of it into a new lade egg, when it is rosted, & eate one every morning.

47

For the grene sicknes,

Take of heart of grace redd sage & germander of each a good handfull & stamp them with honny then strenae them & drink a good quantity of it being warmed & mixed with a good quantity of hony, fasting 2 hours after, sturing opon & doune, smell at a brown tuft & lay your hands in could water

for staying the corcies

Take a date take out the stone & the white skin within it, fill the date with rRd sanders white wine venecer & white suger candy beaten small couer it & sett it upright in hott embers & rost it as you doe a warden & eate it in a morning,

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48

To make the oyle of Adders toung,

Take a pint or quart of the best sallett oyle
& put it in in possnett, then take the Adders
toung & bruse it in a morter, & put as
much into the oyle as will make it thick
then sett it on the fire & lett it boyle untill
you se the oyle uery greene, the oyle will leue
bubling when it is a noufe, then take it from
the fire, & stren it into a glass, you may
keepe it 2 or 3 years
when you dress a wound you must first
wash it with the partes owne watter or
white wine, if the wound be deepe you
must make tents of linte & dipe it in
the oyle when it is warme & fill up the
wound with it, unless ther be cause you
need not put in the tente, but only the
oyle, the skutt of a hare being diped in

49
the oyle will stay the bleeding of a wound

The salue to use with the oyle

take a quarter of a pound of Rolsome of wax of barrow hogs greece or deeres
suett of all these a like quantity & putt
them together in a posnit and lett them
boyle a littill, then strene it & put to
it 2 drams of Turpentine & stur it
well to gether, then putt in 4 or 5
handfulls of Adders tounge, & then
power it into an earthen pott with a littill
watter in the bottom & so lett it stand
till it be could, then take it out &
keepe it for your use, spred it thin on a
cloth & lay it on the sore when you
dress it with the oyle, the oyle is good
for a swelling, if you anoynit it with
it warme,

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50)

To make oringe water,

Take 24 oringes pare them thing as
you would doe for chips, put the chips
into a gallan of sack, then couer it
close & sett it opon imbers all night
in a close pot, the next morning still
it with a soft fire, & lett it drop
apon white suger candy finely beaten

. To make clary water

Take clary sprinkell it ouer with a good dell
of sack lett it stand all night then
wring out the clary & put in fresh soe,
doe for 4 days together the last day
still it all together & lett it drope
upon the leaues of clary & whit suger candy,

(51)

To make minte water

Take garden mint sprinkell it with
a littill sack sett it stand all night
& the next day still it,

ffor the morphew

Take a pound of Redd Tartter &
wrap it in a wett brown paper hott
& putt it into the medell of a Charcools
fire Redd hott, when it is burnt to
a redd coole Putt it into a pint of
distilled white wine veniger & Let it
stand 24 houers, then pouer it of
gently & lett it run through a brow^n
together morning & euening, & wash
in nothing elce for that time, & 3
days after wash not att all, & att the

52
ende of them days wipe the place
washed with a piece of scarlett, & the
morphew will peele of,

for the whits,

Take a new lade egg hot take
oute the white & beate it with 3
sponfulls of Red rose water & as much planting water then sweeten it with white suger candy
drink it for a weeke to gether, every mornging fasting, new milk warme,

for the same,

Take a new lade egg rost it reare & as you ette it swallow 3 or 4 mastteck pills, doe this for 6 morn ings to gether

(53

To make Rose Solis

Take as much of the hearp Rosa solis as will fill a pottle pott or glas wash it not, then take a pottle of Aqua composita & put them together into a large pott or or vessell, & lett it stand hard stoped 3 days & 3 nights & the A day open it & strean though a fare lining cloth into a glass & put therto a pound of Suger beaten small halfe a pound of lecoris beaten in fine poder halfe a pound of datts cutt in small peices mix them all to gether & stope the glass that noe arer come into it, then drink when you goe to bed halfe a sponfull mixt with a good quanti ty of talle Alle & as much in the morn= ing fasting, it will cure any of a consum= =tion this herbe must not be getherd but in

54)
Iune or Iuly & you must not tuch it with your hands for then the vartue is gone out of the hearbe,

. To heale a scalding in 4 days,

Take an onyon & cutt it ouerwhart & wring out the iuse upon the place
where he or she is scalded doe soe
every day twise & it will heall it,

Mr Smiths aproued medsiion
for the stone,

Take the lights of a fox the seeds of
bromes the berrys that grow vpon the
wild eglandin the pills of orringes Ashon
keys read nettell tops when they first
come vp the crops of Red o^ke when frist
it coms vp in the spring tops of red time
striped saxiflige elder flowers stone crope
take all these, dry them all by the

(55
fire beate them into very fine
powder & sort them seuerally when
you have made all the powders weay
every quantity by it selfe wight for
wight as euen as you can, then
mingell them all to gether, & att night
when you goe to bed take as much of
this powder as will ley upon a three
pence & lay it in steep in a draught
of beere & drinke it the next morn
ing fasting, vse excersise after it as
Riding or walking fast, & fast 3 hours
after the taking it, take 3 mornings
together, if the party be in grate
pane, then steep the powder in 3
sponfulls of whit wine all night &
in the morning take 3 sponfulls of
the distilled water of milke & 3 more
of white wine soe drink it

56)

To make marmilate of
Quinches, Red

Take good quinces greate them into
a cleane bason streane them & take
a pint of the luse 3 quarters of a
pound of fine suger, & a pound of
quinches pared & cored and cutt in
quarters lett all these boyle &
when it is a noufe bruse the quinchis a littill, when it is could butt it in Glassis

To make white marmilate,

Take a pound of spannish quinces pare & core them cutt them & put them into a siluer basin with halfe a pound of fine suger, lett them boyle fast, keeping them with sturing when it is boyled a nouf take it out of the fire, & glass it

(57)

To dry pippens,

Take good pippins. but them in a siue & sett them in an ouen after the rey bread is drawn, then when the ouen is could take them out, & the next day sett them in a littill hotter ouen, then lay o2 together & lett them in a gaine so doe till they be dry anoufe,

for the stone,

Take the berrys of Red hawps or thorns when they are ripe dry them in an ouen beate & searce them, & take a sponfull of this powder in a draft of posett drink once a weeke in the morning fasting & fast till dinner doe this a great while,

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58

To make pipin watter,

Take owne bushell of pippens cutt them into slices with the pareing & corres, boyle them with 12: gallons of watter till the goodnes of the pippens be
in the water, & that consumed a boute 3 gallons, then put it into a gilly or hypocrist bag made of cotton, & when it is cleane runne out, & allmost could sweeten it with fiue pound of suger then when it is neare could, put a pint of Alle yeast to it & sett it a working 2 nights & days then skime of the yeast cleane & put it into bottils & lett it stand 2 or 3 days till the yeast fall downe deade att the tope then take it of cleane with a

(59
knife & fill the bottils within a littill of the necke, & then stop them vp & tye them or else it will driue out the cork you may drink of it within a fortnight it will keepe fiue weeks & not longer,

To make Docke Alle good for the spleene & liuer,

Take fower gallons of midling Alle with-out hopps as sowne as tis coole put it into a stone stene haue in ridynes halfe a peck of yellow Docks roots & 2 hand= fulls of suckery roots & owne handfull of ordinary sorrell roots, wash them very well & dry them in a cloth, but doe not scrape them: slitt the biggest roots & take out the pith, & bruse the roots with a wooden pestell & put them all into the stene with an egge unbroken & a wedge of steele, of halfe a pound wight & an ounce of loueadge seed brused & hung in the Alle in a fine linnen cloth: after fower days you may drink it a good beere glass in a morning & as much in the afternoone,

A good broth for a consumtion,
Take an ounce of iuary halfe an ounce
of Chiny putt them into a quart of
spring water, in a siluer can, lett them
stand vpon hott imbers all night to infuse
then take an ould coke bruse it & put it
in a pipkin that will hould a gallon,
putt to the cocke the watter chiny & iuary
2 handfulls of rasons stoned a littill
mace a crust of bread what hearbs you
think proper soe lett all infuse other
12 houers vpon hott imbers, so giue
it owne boyle vp & sett it roune
though a canuis,

(61)

A watter to take freckles or pock
holes out of the face, by an
irish woman,

Take 3 young whelps of a fortnight
ould Take of there heads & there skins
& iese nothing but ther 4 quarters
one quart of red cows milk halfe an
ounce of parma=cety an ounce of patch
grease 20 house snealls halfe a pint of
femetory water halfe a pint of betanye
water putt them all in a still, & distill
them leisurely,

To make a Rowing cheese

Take a pale full of morning milke
putt into it a quart of creame then
then sett it together coole, when the cheese
are 3 days ould couer them with a
boyle & euery 3 days turne & wipe
them, these chees must be made when
the beasts are put into the mowed ground,

62)

The plague water, Lady wesmorland

Take rue agremony wormwood sallindin
sage balme mugwort dragons penerriall
marigould fetherfew burnell sorrell Alico
=mepany roots screaped & shredd small
scabious wood bettony auienes termintell
cardus benedittus angeleco of each 2 pound
4t of Rosemary mingle all these & shred them small, then stepe them in the best whit wine 3 days & nights sturing them once or thwise a day, putting noe more wine then will couer the hearbs, then still them all together in a common still Take not too much of the first watter putt a littill to it as you find the strength, if you fill not the still aboue a ninch think at once it will yeald more, & 2 ounces of methredate & an ounce of Treacle, Andromie /

(63)
The vartues

This watter is good for any infection of the plauge & if the sore come not out kindly mingle 3 or 4 sponfulls of the strongest water with some methridate, giue the party to drink could, happ him warme to sweat, it is good against any infection of the small pox or mesells, giue 3 or 4 sponfulls to drink without metherdate, without you se great accation, for both together may bring out the pox or measels too violently, it is also good in a surfett, if ther be a feauer giue the small water, if ther be noe feauer giue the stroner, it is also good against could shaking aguess if the fitt be very could, putt a littill methredate into 4 sponfulls of the strongest watter, giuing it the party 2 houers before the fitt, ether walke a way the Could fitt, if you be not able lye done & couer yo a warme to gett heat before the cold fitt come, in ther shaking it commonly helps

64)
The oyle of St Iohns woort,

Take one pint of white wine, 2t of oyle olliuie 1t of the oyle of Tuerpinten the leaves flowers & seeds of St Iohns woort, of each a good handfull gently bruesed putt all
these in a double glass sett it in the sunn
8 or 10 days, them boyle them, in the same
glass sett in a cettle of watter with stray
at the bottom for the glass to stand on;
this done strene the licquer from the hearbs
then put into the same licquer the same
quantity of hearbs flowers seeds putt not
wine, & sett then in the sun as you did
before, this is an exellant balsum o for
any wound espeaselly in your heade,

65

The white plaster which is good for
a bruse or Ache or to lay to any
sore & for a fellon when it first
cometh but espeaselly good for the
weaknes of your back being spred
on sheeps leather,

Take 8 ounces oz: of Red Leade & 4 oz: of
white Leade 5 oz: of castle sope a pint of
sallett oyle, boyle all these together, till
it come to a browne couler, then put in
halfe an oz of oyle of bay, & halfe an
oz of hoggs greese stur them well toget
=her then take it of, & dip sum peice
of new leather clothes in it, so to mak
your seareclothes & so ably it, it must
boyle - in a new pipkine,

66)

for the spleene by lady vanasor

Take mellito cammile of each 3 handfuls
parcily Roman woormewood plantin ditinye
of each a handfull beate them small in
a stone morter then put to them 3
pound of fine Rosell 12 ouncis of fine
wax a pound of sheeps suett a pint of
white wine melt all to gether in an
earthen pott & lett them stand 7
days, then lett them be perfectly boyld
& stured & keep it for your use
you must take att a time the bigness
of a wallnut & melt it in a sausar &
spred it on the rough side of a peice of
sheeps leather, as broud as the place where the pane lyeth prickings the leather, soe lay it on the place & lett it lye till it fall of, it selfe,

67  
The Canker oyntment,  
Take of cumpred smallidge hearbe of grace sutheran wood parselay, or pine huse greene hearb bennitt hemlock egremony lyons tou'h which is dandalyon buckhorne plantin ribbes Red sage mints marcury wormwood betto= =ny selfe heale falerinu Scabius that groeth in meadowes long leaued like sorrill of each of them a handfull, Boyle all these in butter new churned, the buttermilke beatten out of it, 2 houers upon a soft fire it must be done in the middle of may, then streen it in a lining cloth into a puther basone, & when it is could part it from the dross in the bottom; & boyle the best vpon a charcoole fire skim it well with a feather, but it in a pott & keep it for your use,

68) you may take the wieght of the oyntment in bee wax & dubble so much Rosell & it will make a good saulue, & boyle them together,

To make elder wine, Lady lister
Take 40pd of malligoe Rasons steep them in i0 gallons of watter 9 or i0 days then drene of the licquer & tunn it vp into an uessill & put to it 3 quarts of the ieuse of elder beryes full ripe, let it stand in soum warme rome. that it may work, if you please a boute a month after you may bottle it vp but if you make much it is as good in uessills, when you haue drane forth the first licquer you may putt to the sasons 5 or 6 gallons of watter, for the smaller wine, & as before but to it when you ton it vp 3
pints of elder bery louce the stronger will keepe a yeare the smaller halfe as long,

(69
Lady Lister

A plaster for a consumtion to be lade on the stomock & for the seateen vpon the paned plase,

Take burgandy pitch Rosen Bee wax of eatch 2 ounces melt them to gether then take one ounce & a halfe of course tur= pintin & an ounce of oyle of mace, melt all together, & spred them vpon sheeps leather grate a nuttmuge vpon it, so lay it to the place,

A cordall water for life & health,

Take sinymon & genger of eatch an ounce sanders yellow Red & white, of eat^h 6 dra= ms cloues Gallingall & nutmugs of eatch 2 drams, mace cubets of eatch a drame, cardi= miuns & mallenbsatt seed of eatch 3 drams, halfe an ounce of anynseeds sweet fennell seeds wild carritt seeds of eatch a dram & a halfe, angilyeny roots & cloue gelyflowrs roots

70) Clarry & time & callimett pippermoll & mint of eatch 2 drams, stitch seed & buglas of eatch of the 4 a drame & a halfe, the pills of sittron rind 3 drams, in fuse these in 12 pints of the best spirrett of wine 15 days in a glass close stoped, then distell it with leasur then add to the water, the spirrits of diamber or aramticum cosuam dianiote dyaniargariton musk & amber greese tyed in a rag of each a scruble Iulope of roses a pinte being well incorpreated lett them stand till they be cleare, close stoped, then to a quart of this take suger candy a pound salk 6 ouncis rose water 4 ouncis make it into a surrop then add to it more amber greese & musk 18 grans, yellow sanders 2 drams
saffron 15 grans Besur a cruple grind it small with suger cangdy & put it in keep it close stoped,

71

A reseate from Dr...ridges against the plague to keep a baue all treasure for in all the plague time it never failed, if the hart was not mortyfied before this was taken

Take 3 pints of malmesey or muscadine & boyle therin of rue & sage, of each one hand= full, till one pint be wasted, then strene it & but it over the fire againe, then put thereto a pennyworth of long pepper halfe an ounce of ginger & a quarter of an ounce of nuttmugs all beaten to powder, then lett them all boyle together a littill, then put therin. an ounce of methrydate, as much of the best treacle a quarter of a pint of angelyca water take this warme euening & morning tow sponfuls at a time, if you feare your selfe infected & sweat vpon it.

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72, if not infected one sponfull a day is a noufe,

My Lady reuers Cordall water,

Take a pound of fine lofe suger well beatten, one quart of runing water, stir them together till the suger be melted, then put in a pint of dammask rose water a pint of your best cinnmon water - 3 pints of uery good Aqua=uita a quarter of a pint of Angelyca water a quarter of a pint of rosa=solis water a quarter of a pint of cloue water a quarter of a pint of annyseed water, strene all together though a cotton strener, you may putt in halfe an ounce of musk cumfits brused & take out the seeds, or 2 grans of musk & as much amber grees
tyed it in a littill peice of & tyfyin & hung in the glasse the oulder it is the better, you may saffly giue a child when it is newly borne a spoonfull, for it is good to driue any thing from the childs hair & to bring out your Red gumme,

To dray the rume from the eyes that is sore

Take Ballalmilick mastick Dragons bloud of each the same quantity, beaten & searsed in fine powder, mingle the powder with the whit of an egg well beaten, & spred it upon black ueluett & laye it at the nape of your neck & your temples,

Take wallnutts crack them, pick them into salt & water, so lett them lye 24 houers, then put them into milk & let them ly till they will pill, then pill them & put them into fresh milk take them out when you send them to the table & dray them with a cloth, these wallnuts will tast as well as if they ware lust garthered

A medison for the Stone

Take 6 Sponfulls of milke water w mingle with it, the same quantity of whitte wine, with part of it moysten in a spone 8 or 9 slicis of ginger, & so thine that it curle up, the which swallow

without shewing it, & after them drink the rest of the wine & milk watter, continu to doe this 3 mornings together fasting & then for 3 mornings more swallow 2 sponfulls of sallitt oyle, firest sprenkling each sponfull (ore if you please) with Suger
& immediately after them drink a draught of Ale or beere sweetned with suger or seasened with slixt nuttmugs, the patient must take this medison 3 morning & a peece interchangably till he haue accom =plisht 18 days, when the patiant hath his fitt cleane possett drink, made with halfe small Alle & halfe Renish wine, seasened with surop of allthea & nutgutt hath bene found to work an excallant affect,

Lady Candish

a rare water for keeping the hare from coming of,

Take halfe a pint of spririt of sack, Bengimane & storex of each an ounce, brused, 4 drams of Amber greese, but these in to a glass will hould a quart, & lett them infuse in a pan of warme water, 24 houers then streane it, keepe this water & put but one or 2 drops in to 2 sponfulls of fare water or Rosemary water, & wett your head euery morning

A rare Gelly of vealle

Take the knukle of a leg of uealle lay it all night in water then boyle it in a gallon of spring water in a

(77) cleane pipkin, then streane it & lett it stand all night, in the morning take the fatt Clenne of the top then melt it, almost sweeten it with suger & boyle first clarify it with the whits of egs, then your luses butt in the luse of 4 lemmons & 2 orringes a little lemmon pill & a sprig of Rosemary, beat the white of 4 or 5 egs but itt in, & lett them boyle but lust simmer to getther, when it is anoufe & a little coole, lett it run 4 or 5 times though a Gilly bag till it be
very Cleare, & put little slices of orring & Lemon pill in the bottom of your glases,

To presarue wallnuts white,

Take your wallnuts, about 3 weeks after midsoumer, pare them to the white which is next the kernall & as you pare them put them in could water, till you haue

78) done all to a pound of wallnuts take a pound & quarter of refined suger, then put a quart of water to a pound of your suger, & boyle it to a thin sorup, then leay your wallnuts in a siluer bason & couer them with sorup, then boyle them as fast as beefe, & as the sorop wasts put in more, till it be all in, when they are neare a noufe take them of, & let them stand till the next morning, then take same greene sittron & cutt it in little long peices, & with a larding pin draw a peice though the seams of each of them, then make an end of presaruing them but haue a care you break not the sittron, & strow in the other quarter of suger, & when they are anoufe take them of & pot them,

79

A good receate for the stone,

Take a pottle of Red cous milke, & a good handfull of the hearb paesston r good handfull of seckfrege a bunch of Radishes sliced but all thise into the milk, the hearbs being Grosly cutt then distill it in a Glass still, & take it when soeuer you find any pane drinking euery morning 6 spoonfulls for the speace of a week, & it will assueredly helpe,
Take ripe cherryes. 2 pound, clarrit wine 2 pints, Rosemary balme of each as much as you can take vp betwex 2 fingers, & a thum, one nuttmuge, steepe them 2 days together haueing first taken out the stons & brused them in a marble morter, & brused the cheris with your hand, then distill them with a gentill fire, & lett in drop upon suger candy, then sett it in the sun well stoped, with sume mush & ambre greece hanging in a peice of sarsnet,

80

Docter hintons broth to be taken 3 weekes after one be Churched to strenthen,

Take the knuckels of mutton & veale of each a handful well brok & brused of China halfe an ounce of salsapilla 2 ounces of burage & baglosse flowers, viletts couslops & Archangell flowers of each a handful, of sweet margram &

(81
time of each a quarter of a handfull, of damask pruans Rasones of the sun stoned currans of each a quarter of a pound, 6 datts, a littill mace, boyle these things in an earthen pipkin with eight pints of canditt water, unto 4 pints or there abouts, towards the latter end of the decoction ad thereto consarue of Cloue Gilyflowers & consarue of roses of each an ounce, streane it & drink a good draught euery morning, & after noone blod warme, I had forgot a ounce of harts horne must be aded,

82)

To make treakle water good for any surfett, & for striking any in fection from the hart
Take of cardus water 3 peints put into it an ounce of hartshorne shred & boyle it till it come to a quart, then take Gentian roots, allicompany & crypresa roots, pouncritron rines dryed of each an ounce, beate them into a very gross powder & of the leaues of cardaus & Angilyco of each an ounce, & the flowers of mary =goulds borsirge rosemary buglas of each 2 ouncis, & one pound of ould veines treacle dissouled in 6 pints of white wine & 3 pints of ridd Roske water infuse all these together 24 houers, then still it in a glass still or limpeck, 83

Sneall oynntment, Take Lauinder: Ridsage Rosemary spearmint wor^mwood hearbe of grace helerbodes Brokeline bugles all cost of of each of these a handfull shred smalle, then take 4 pound of may butter knead them well alltogether & lett them lye 9 days & nights in a seller till they be mouldye ouer, then beate them very well & shred them, & put to them a quart of black snealls, henpenis. cowshene of each of these a porringer wffull 2 ouncis of frankinsence nutmugs cloues mace silym<sub>on</sub>, make all these into an oynntment, Heller saule Take Heller in may chope it in swines grece & streane it forth, put in turpintin rosin wax suet in the turpintin when you take it of the fire do streane it & keepe it for your use, 84

To make an excellent sweete water, which must be done the later end of Iune /ffirst cover ouer the bottom of the still with bay leaves, then take putt in half apeck of Damosk rose leaves, sweet margerum, blowne lavender of each
two handfulls, a quarter of a pound of orenge & damoske powder of clove gilliflowre & carnation of each one a handfull, one ounce of cloves, stamp all these in a stone morture then powre in it a pint of sack, halfe a pinte of Damoske rose water, & wine vinegar together, lett them infuse in a close thing well stopt twenty foure houres then att three several times with a gentle fire distill the same; then take two graines of muske & tye it in a lawne or tiffenye wrage, hang it in the midst of a glasse, & sett it in the still on the former cake & with it a very gentle fire, lett it continue six houres

85
Lady Chauendish

To make Hipochras

Take a pound of white lump sugar, two ounces of symonan, a quarter of ounce of gingar, & a quarter of an ounce of cloves, bruse these spices, & put them with the sugar to steepe in a gallon of good white wine, stir them well together, & lett them stand all night closed covered in a stone pott, in the mourning putt halfe a pint of new milke in't, & lett it run through a iellye bagg, wetting it first in milke & wringe it out againe, lett it run through the bag, soe often till it be clear & taste stronge of the spice, a few cardemum seedes amongst the spise will give it a good taste.

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86)

The Sarfitt water

Take 2 handfulls of Rue, 4 ^ of wallnuttts when they are greene, & so young as a pin, will pas though, 8 handfulls of figs, beate all these well in a morter, & still them, & drinke same of the water with suger, it is a rare thing for a surffitt or any illnes att the stomich,
To make sarrop of Althea,

Take a great many roots of march mallas wash & scrape them, & take out the pith & slice them, boyle them in spring water till all the strength of the roots be out, & the water slippy, lett it run in though a Gilly bag, then putt a pint of suger to a pint of this water & boyle it well to a surrip

87

a rare salue for a burne,

Take Goulden sackcefrage, & ground euuy of each, the like quantity shred them & boyle them in may butter, then strene it & kepe it for your use,

to dry damsons or pulmes,

Lady Chauend
=ish
Take a pound of pulmes the stones being taken out of the lids, take halfe a pound of suger, make a sourrop, & when it is warme, but in your splouns with the slitted sids downwards, lett them stand an hower upon the fire but not boyle, heate them 3 days together, & the last day giue them a boyle, then lett them stand 2 days, in the sourrop then lay them on siues, & the next morning sett them in an ouen to dry, then fill vp the hole skins with the broken stonnes till you make them very round & hole, when they

are allmost dry, wipe them over with a cloth & warme water, & sett them in the ouen for an hower,

A good powder for the disgestion,

Take of candyed sage & Rosemary flowers of each one ounce, orring & lemmon chips of
each halfe an ounce Angillica stalks candyed
6 drams Corriander & sweet fennill seede
carrany Cumfits of each 2 drams, myngle
these into Gross powder adding white suger
candy 2 ouncis, of which take the wight of a
shilling att a time before & after mente
& att what other time you please,

To make meade,

take 10 gallangs of spring water, 16 pints of
hunny, sett the water vpon the fire till it be as
warme as new milk, then put the honey into

(89
a boule, then mixe the water & it together
keepe it boiling 2 houers softly put in 23
nuttmugs cutt into quarters, then take a quart
of grond malt & mixe with the rest, & lett
it stand till it be could, then steine it & put
to it a pint of neew yeast, lett it stand att
night to work, the next morning, tun it up
into a uesill, & a fornight after you may
dray it unto bottles, it will not keep about
a month,

A receipt to make Marchbane

A receipt to make Marchbane cakes

Take a pound of the best Iourdaine water
& lay them in water over night the
next mourning blanch them into faire
water, then take them out & dry them
cleane, & beate them in a stone morter, &
in the beating put in about 2 spoone full
of the flower of Rice, & a little Rose water
with muske & Amber, & about a spoonesfull
of sack, then take a pound & 3 quarternes
of the best sugar finely searc'd & when the
Almonds are beaten small, mix it with
with some of the whites of eggs beaton to
froth, & as much gum dragon stept in
Rose water, as will lye on a thre pence
mix all those together so stiff as you
may but spread them with a knife, & beate
them a little after, then lay them on

92

sheets of wafers, & stick them with oranges & Citrons, & lay them on a white paper & a browne & sett them into an Oven, noe hotter, then they may onely rise, & lett them lye till they be dry

An excellant surrop for a consumtion

Take madens hare, liuerwort, harts toung, lungwort, which is called spotted sage, or sage of Jerusalem fowlsfoot, Agremony, of each a good handful, unseet Isop tops, & hoarhound of each halfe a handful, pick & wash them well with a good sponfull of anniseeds, & putt them all into a wine Gallon of spring water, put in also a stick of lickerrish scraped, & sliced, halfe a pound of reasons stoned, a quarter of a pound of datts washed, & sliced, 2 ounces of the best Chiney, sliced, put these all into an earthen pott, stoped close, & sett it in the ouen, after manchitt is drawn lett it stand in the ouen 12 hours, after that boyle it of a soft fire till 3 parts be consumed, then streane the lickquer from the hearbs, & lett it stand 12 hours to sattle, then cleare it of & put to every pint of the licquer, 3 quers boyle it up to a surrope, may or lune is the time to make it, the party must take 2 sponfulls morning & night or w sweeten ther broth with it

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A rare resceat for the scuruy

Take garden scruy gras 12 pound pick it cleane bruse it, stamp & streane it, then take 3 pound of Briony roots, neew gathered, hors radish roots 2 pound, of winter Bark 2 pound, nuttmugs 4 ounces, 10 lemmons, slice all these, then take 8 pints of white wine with the luse of the scurvey grass, lay them in steepe 8 howers in the wine, then still them, & lett the watter stand a fortnight, then take 6 sponfulls of it with 2 sponfulls of the surrop of the 5 oppening roots, euery morning for a mounth together & att euening if you please,
To make the surrope

Take sparrow grass roots, fennill roots, parcely roots, smallidge roots, Grass roots, of each 2 ounces scrape them, & take out the pith, Boyle them in 2 Gquarts of watter, till it comes to a pint, & a halfe, then strene it out, & put in a pound & halfe of sugger, & Boyle it to a surrop,

To dry peaches

must haue sume 2 sponfulls besides of liquo =rish beaten & searsed & putt it in with your sugar & Gumes & when it is allmost beaten anoufe put in 3 grans of musk & 3 of Amber grease, then take it out of the morter & lett it stand a littill while, then rowle it up with the other suger into past & make it up in Rowls & dry it in a stoue, when you putt in the sugar candy you must put in as much of your other sugar at the same time, as there is of the Candy,

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To make Iocolate Almonds

Take one pound of Ihocolate finely grated add a 2 pound of the best refined suger then take gume dragon & lett it soke in orringe ffower watter to one pound of Ihocolate putt 12 grams of amber greeces 4 of musk in powder with the gumdragon work it all into stife past & forme it of what ffashon you please & dry them in a stoue,

To make Cribbett

into a 3 pint bottle of spring water put the Iuse of 2 good lemons, of the best refind suger to sweeten it to your likeing halfe a
sponefull of Orring flower water one gram
of musk disouled sproute with the rind of
the lemons into it & shrene all though a
hollond cloth & drink it as sowne as it
can be made very coold,

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To make pippen drink

boyle pippens in water till the strent
be out, you must pare & core them &
boyle with them a litill ffrench barley then
let it run Though a cotten bag, take a
lemon & slice it thin pille & all lay it on
the bottom of a bason streew ouer it sume
fine suger, then power in your pipen water
warne upon it lett it stand till morning
then bottle it,

An approued Medesine
for the wind Collicke

Take foure Good Lemmons slise them
skine and all one ounce of Cloues
brused Take two handfulls of young
balme 2 handfulls of marygould.
fflowers prike and shread them
steepe all theise 12 houres in three
pintes of Good white wyne distill th
the next Morneinge in a Roase watter
still with a softt fier Lett the watter
drop vpon white Sugar Candy.

Lady Belasyse

To make meade,

Take 10 quarts of hony
Take 10 Gallans of watter, & one Gallan of
hony, one pound of Rasons of the sun stoned
boyle them well together, then tell the lickor be halfe
consumed, lett it stand till it be almost coold
then work it up like beere, put it up in a uesell
& lett it stand 4 days, then draw it into botles
with a few cardimony seede in euery bottle, lett
it be 3 weeks or a mounth before you drink
it,

Resberry watter,

lady margett wentworth
Take a gallon of sack 15 or 16 good hand= fulls of Rasberrys & 2 handfulls of Burage
flower & if you please as many Balme flowers
stope them uery close in an earthen pott well leaded, & lett them stand to infuse 6 or 8 days, in sume coole place then still it in a cold still pasted close, keepe the first & second runing by them selus, put the first water into a wide mouth
Glass, & putt to it a handfull of uery ripe

Rasberrys stope it close & let it stand till the watter haue taken a fine couler, then strene it from the Rasberrys, sweeten it to your tast, with white suger Candy finely searsed, & keept it for your use,

To make an exalent water for a surfitt or feauour, you may take halfe a pint att a time, it is good for sicknes att the stomach & feums,

Take 4 handfulls of cardis Binedictious, 2 handfulls of speare mint & 2 handfulls of wormwood, putt these (beings striped from the stalks, & shred small) into 8 quarts of new milke warme, from the Cow let it steepe, lett it steepe one night, & distill it the next morning, this is for one days stilling, in the stilling of this watter, you must haue a great care that the pott you infuse it in be uery sweet & cleane then when your milke & hearbs are in the stil, as soone as euer it begins to be warme, you must take of the tope of the still & stur it aboate, & so againe about halfe a quarter of an hower after, or less, & so doe often till it begine to drope, that it may not cheese & make the water sower, then distill it leasurely till you haue 4 quarts or more of water then sweeten it with suger /
For Ilster paines

Take mvgwort wormwood & Camamile flowers of each two handfuls, Cvmiseed two ovnces bayberys 3 ovnces, let yovr hearbes be small &t, the seeds & berys beaten, ad to them 2 handfvlls bran, when the other is well boyled in halfe sack, & white wine, then pvt in the bran to thicken it, pvt halfe of this in one blether; & lay it to the body where yovr paine is & when it is Covlde take an other blether with that which is warm, & so vse, these, till the paine sence, warcheinge them as they Coole,

A water for sore eyes

Take halfe a pint of frog water then make 4 or 5 stones or lapis Calaminaris red hott & quench them in the water take 2 ounces of this water & mix with it 20 graines of Trochis alba Rhasis in fine powder, keepe it for your use for this milk water leave out the mint & the wormwood, & take the same quantety of balm & burage

Black Cherry Cordiall watter,

Take 2 quarts of claritt wine, & 4 pound of Black cherrys, stampe the cherryes, till the stones are borken, then putt them into the wine with a handfull of Angilaco, as much cardus, a handfull of balme, a quarter of a handful of mint, as many rosemary flowers as you can hould in both your hands, so many marigould flowers, & as many cowslope flowers, 3 handfuls of cloue Gillyflowers 2 ounces of cinimon a quarter of an ounce of nuttmugs broken in peices, putt all these into an deepe earthen pott stur them well, & couer the pott & past itt close that noe are enter; lett it in stand all night, in the morning putt it into the still, lute it close up, & keepe a gentill fire take a pint & a halfe of the first watter
a pint of the second, & then lett in dope

into an other glass as heagh long as it will drope, lady st Ihon

The stringent watter for staying the -

Take a quart of Red wine & a quart of
plantin watter a handful of oke buds getherd
in may, of a tree that was shroked the yeare
before an ounce of cinamon brused, still all
these together, & giue the party to drink 3
sponfulls of this att a time, as often as ther
is need, an exalent electuary for a Coold
or consumption
Take halfe a pound of ould concerue of Roses
& drope into it 24 dropes of the oyle of
sulpher & 12 drops of the oyle of vetriall
& emediatly mix them together, otherways
the oyle will wast, then take halfe a pound
of the reasons of the son stalked, & stoned, then
stampe them into a kind of part, then mix with
the rasons 4 ounces of Browne suger Candye
in powder, then then putt in your conserue of Roses
& oyles & beate them all together,

Take of this electuary, about the quan
=qty of an nugmug, in the morning an hower
before you eate, in the after noone & att night
when you goe to bed,

A seare-Cloth for Aches paines
s bruses or burnes.

Take a pint of Good sallitt oyle halfe a pound
of Red Leade in fine powder a quarter of a pound of bee wax boyle these upon
a gentle fire continually sturing them with a
stike, when it begins to be black, dope sume
into coold water, if that grow hard, it is anoufe
then dipe your cloths, & smoth them of both
sids, rowle them up, with oyled paper betwext
& keepe them for your use
To make lemon cream

Take 4 good lemons chipe them very thin, then squeeze the juice of the lemons into the pille, let it stand 3 hours, then take the whites of 8 eggs beat them very well, then add above a pint of spring water, then put in your juice of lemons & a little Rose, & orring flower water, run it though a cotton bag, then sweeten it to your taste, set it on the fire stirring it all one way till it begin to thicken, & be like Gelly when it is cold, this is anoufe for 2 dishes

Abstract of malt for consumption

Take a Gallon of strong Ale wort, into which put hearts tongue, leuerwort, Isop, de colesfoote, Orgumenti; horehound, ffennell watercresse, Scabious of each half a handfull, Rosa=solus, a handfull; Caper-roots clen'd, one ounce, Allacumpany rootes steep'd & prepayred halfe an ounce. Rayson's of the sun & figs of each half a quartern of a pound, Dates slys't & stond 2 ounces, fox lungs prepary'd & one ounce Boyle all these in the wort till the - vertue be out of the ingredience, then streine itt & putt to euery pint 4 ounces of hunny 6 ounces of sugar, then Boyle it to what thickness yow please, yow may leave out the honie if yow please but then yow must to euery pint put a pound of sugar, to euery pint of this yow must add an - ounce of Maisterium of Pearle & 2 dram's of the salt of Currall this - must be taken fasting the quantity of half a spoonfull, Leting it goe downe easily, the like quantity about 4 in the after=noone, & as much when yow goe to bede
Restoratiue Capon water.
for Consumption, or weakeenesse

Take a good fleshly capon; well drest
& clens'd for the fatt & intrells; & perboyl'd a little, cutt in small pieaces; take
goates milke, cowes milk; new drawne, of
each 6 pints; of Canary sack 4 pints
of rose water 2 pints; of Lungwort; Isop
maden heyre, wild time, coults foote
= of each a handful, Cheny rootes 2 han
=dfulls; pistacheys & pine curnels; slist
of each one ownce & a halfe of the Cord
cordiall flowres of each 2 handfulls;
lubebs new 30 Dates slyst halfe a quar
tern of a pound the spices of Dyamade
-Margrett, ffrigidium; Dyacodian; Abatis

of each one ounce; the herbs with all
the other things being shreadd small
slyst & mingl'd must be putt into
aglass styll or lymbeck; with the milkes
sack & rosewater, lett them stand thus
in enfusian; 24 houres; then silt with a
gentle fyne, putt into the receiuer 2 ounces
white sugar candye in small powder
20 fry graynes of ambergreese; once booke
of leafegould; broken small in the
sugar, Distill 5 pints of this water
which the party may drinke 6 spoone
fulls fasting & as much in after
noone. /

ffor Convultion fitts

Take the bag of a younge
sow; the first time she hath pigs; sew
it betwixt 2 fine clothes & dry itt in
an ouen; beate & scarce itt; & take
as much of the powder as you take vp
on a groate & putt it into 2 spoonfulls
of Lyllyconvallium flower water; lett the
patient take the like quantity 3 mor
rneing to gether & fast one houer
after & att nights; a spoonfull of
the same surrop of the same flowers
Doe this in the springe & fall 2
mouths to gether & att the increase &
waine of the moone, anoynt the naup of
neck with oyle of amber, lett the patient
an issue

ffor a Cancarr.

Take very fine burnt alum
well scrapt, mix itt with your best hony
&b lay it to the place when the Cancer is
doe this till itt be cur'd.

ffor the goute

Lady lister
Take 3 ounces of Vergins wax & as
much Deere suite; halfe a pound of
redd lead m in fine powder one pint
of sallett oyle; boyl all this together
ouer a gentl fyre, stir itt till itt
come to a blackish color, then take itt
& putt in § 6 pinny worth of Venus
turpintine & stir it all together, & power itt

into fayr water & soe make itt into
rowles which you vse itt spredd it thine
on the fleshy side of sheepes leather,
being first prick't soe lay it vpon
the playce pain'd or swell'd & lett
it lye as long as it will stick.

Lady Ranilag

For Staying Th:

Take henbayne & white poppyseed of
each one dramm, pound them well in
a morter, then add 2 ounces of the conserue
of redd roses beate them well together till
they be well mingled of which mixture
take the bignesse of a hassell nutt every
quarter of an hour if neede be itt
stayes floods butt not soddainely & must
be vs'd till the effect be found.

To make Cherry wine,

stalke your Cherrys then break them with
your hands in a Tub ury well. lett them stand
so all night, the next day strean it, & putt
the wine in a Runlett, to every Gallan of luse
putt a quarter of a pound of sugger, lett it
stand a mouth, then draw it into Bottles
& putt a littill lump of lofe sugger in
every Bottle, & sett it ury Coole

To make biskitt of fruit Lady Counton

Codle your Quinches & strene them Though
a hare siue, then take the wight of
them in suger finely beaten & putt
them together, then beat them together
with a spone for 2 houers as you doe

biskitt, till you se it light, white &
thick, then putt it into coffins of paper
and sett them in a stoue, in 2 or 3 days
they will be dry anoufe to turne out
of the papers, halfe a pound is anoufe
to doe att a time, thus you may doe
Aprecoks plums currans or Rasps,

To dry peaches

Take a pound of peaches put them in scald
ing watter, when they will pille, pille of the
skins & putt them into hott watter till they
be ury soft, then lay them in a cloth
till the watter be dreand from them, then
take a pound of refined suger, in lumps
putt to it a pint of water lett it be ury
hott butt not boyle then put in the peaches
lett them stand an houre upon the fire,
but nott bolye, the next day heate them, &
so again at euening this you must doe for
7 or 8 days together, then lay them upon plats & dry them in a stoue turning them every day, you make take out the stons when they haue been 3 days in the surrup.

To preserue peaches

Take a pound of peaches scald & skine them take out the stones, then take a pound of fine suger halfe a pint of water boyle & skime it, then putt in your peaches & boyle them till they be anoufe,

To make an exalent salue or Oyntment for any bruises ould sores or ulcers scalds & burnes,

Mrs Hansby
Take halfe a pint of the Iuce of House==leeke, & add thereto 2 ounces of bees wax 2 ounces of boors Grease, 2 ounces of Rosen boyle it Gently to a salufe use it ather by spreding or a plaster or meelting it, to anoynt, as the sore requires,

A to pultis be use with this saule

Take a penny loafe of white bread cutt it peices crust & all poyle it in same watter as much as to make it a pultis, put in Rid rose cake pulde in peices till it be well boyled then putt into it some swines Grease, for the Bloudy fluxe you must anoyn the back bone from the nape of the neck downwards with this oynment 3 seuerall times in 24 houers, which will certainly helpe any flux ife you keepe a good dyett, it is good for the meagrem in the head, if the anoyn the Temples, & forehead, & fore the stoping of
rume, & sore eys if you anoynt the eye lids,  
it heelpeth any burne or scald, it cureth  
any cutt, beeing melted & putt therin  
Take 8 pound of butter out of the Churne with  
out salt, or washing, only well beaten out

of the buttermilke, clarify your butter, take of  
the skinne, lett it stand till it bee halfe cold  
then poure of the cleare oyle into a bason  
putt it into a cleane pan, then add therto  
of Adders tongue, sinecle, solimans seale,  
plant in, cunary, mouse eare of each  
halfe a pound, if you cannot gett culary  
you must add as much more mouse eare  
chope these hearbs very smallle, beate  
them well in a mortar, then putt them  
into your Clarified butter, lett it boyle  
halfe an houre sturing it often, then  
strene it, when it is a littyel coole, cleare  
it, into the pott you intend to keept it  
leauing the dross, it will keepe 7 years,

To pickell Gooseberys

lady Copley  
Take a Gallon of the best white wine  
venicer put to it a pound & a quarter  
of lofe suger, boyle & skime it, take  
a many gooseberys as you think that will  
couer, pick them cleane & scald them a little  
when they, & the lickur or both coold,  
putt them together into a glass, tye  
them close up, them will be a thick  
mothen at the tope of the Glasse which must  
not be taken of, for it will preserue  
them all the yeare,
one, by one, & couer them with the rest
of the suger, & leave & sett them in the stoue
all night, next day heate them over the
fire, till they be almost ready to boyle
& turne them, then sett them into the
stoue againe, & lett them stand 2 days
more, turning them euery day then take
them oute of the surrop &, lay them upon
plates to dry, Aprecoks may be done the
same way only they must be stoned &
pared before you code them.

Mrs Beckworth Receipt for the Stone

Take
(of Haw Water)
(of Renish wine)
(of Sirruppe de Althea)
Each tow good Spoonfulls
Let these be taken in a draught of Ale three
mornings at the change full & fiue at the full,
Adde to it as much of the Powder of Haws
as will lie vpon a Shilling & a little
nuttmegge, Three or foure days after each
takeing, take a dose of any Pills, that
will Gently purge /

How to make the Haw Water

Gather a quantatie of Haws pick & bruise
them in a Morter then distill them in an ordinar
still thrice ouer. /

Mrs Wray of Barlings her Quince wine

Take the Quinces when they'r th' row ripe, grate
them & presse out theire iuice, lett it then settle
whilst it is cleare at the topp; powre of the
cleare, put a little sugar to it, & then let it
stand & worke, when it has don workeing put it
into bottles, with a lump of sugar in each bottle.
The Quinches are not to be payr'd.
To keepe Quinces all the yeare

Take quinces & slice the paire & core altogether, do the like with a good quantity of sharpe sound apples when they'r all well boyled together, in a good quantitie of water, lett them stand & coole, then take your whole quinces, wipe them cleane, after take an earthen vessell, well season'd; then put into the bottom of it; some of the stuff altogether; then a layer of the quinces, with theire tayles downewardes; then a layer of the stuff. so with layers of each till the vessel be fil'd; but the last must be with the stuff of a good thicknesse, then tye it vp close with a bladder & leather, setting the vessell in a coole place, when you take them out, for the vse be sure yow touch none, but those yow take out. /
Mr Edward Wrayes receipt to make Iocolett.

Take of Cacoas cleane Pickt from the shels one pound; of loafe sugar halfe a pound, Baianillias two: As chote the weighte of one shillinge; sinamon halfe an ounce; Annieseede the weighte of three - shillinges, Gueng pepper :30: Graines or what you will, Any other spice you please, of Almonds or Haisle Nutes ffower & Twenty :

Sarah Castleton receipts

the Gascoins powder

Take 4 ounces of crabbs clawes halfe an ounce of correll and as much pearll all these must be beate into uery fine powder seuerally & sceare then worke it up into balls with Iellie of uipers skins which Ielly must be made thus

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Take 14 uipers skinks cutt in little peces put them in a quart of faire watter & let it boyle till it comes to halfe a pint then straine it and put to it an ounce of leafe gold cutt uery small and masscrated in borage watter then steep some saffron in red rose water 2 or 3 spoonfulls and with all these things make up your balls the crabbs must begot when the sun and moon is in coniunction in cancer & the uipers head & tailes cutt of aboue the uents

a medicition for the stone

Take Fennell roots & parsly rootes pish them all and seith them in whit wine & put thereto a little
anniseed and then straine it to the patent to drinke euening and morring

a watter for the stone

Take a pound of green bean codd & still them in a quart of whit wine & when you haue drawn the water put it againe to the stillory & still the water two times besides the frist time then take three pound & an halfe of walnuts as thay grow upon the tree and bruise them & still them as you haue done the beands then take too pounds of green sampire & use it as you haue done the seade beanes & nuts and when you haue done put the said beanes nuts & sampire together in the stiltory with the water that proceeded of them & so still all together once & so put it into a glase & let the glase be but soe begg that it be but halfe full

of the water & after you haue sunned it ten times Let the patient drinke of it by fiue spoonfulls at a time & so con tinue it fower or fiue days this use at such times as the patient shall be diseased of the stone

an approued medicen for the stone

Take a potle of new milke & the whites and shells of twenty eggs & breake into the milke and then still it in a cold still & drinke of it morring and euening & fast two howers after it none of the yolkes must be in it
to make biscake

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to make Lemmon crame

take 4 Larges Lemmons & pare
them put the Rinds in watter all
night then take seuen whits of
eggs with on yoolke and beat them
uery well and strene them and put
in a pint of the watter the rinds
was steeped in and squeue in the
juice of a Lemmon & half a pound
of duble refined suger and when
the suger is melted then stren it
into a bason set it ouer the fier & keep
it stirring all one way till it be thick as crame

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to dry cheeres

take to euery pound of suger 4 pound
of cheeres & take allmost a quart
of the juices of cheeres to on pound
suger so make a surope frist & skim
it then put in your cheeres & lett
them be uery hot so you may worme
them the nex day if you please
let them boile softly

to make orring Marmelet

pare your orrings & lay them in watter
three dayes moreing & euening boly them
then take them out of the watter & wipe
them uery dry with a laine cloth cut
them all the seeds then stamp & strane
them and set your pulpe & whit to euery
of pulp a pound & a halfe of suger put it in by degrees & let it stand

to presarue orrings

take Twelue of the faires oringes & the best coloured if you can get them with smooth skines thay are the better & with a great greater the outward pill of it you wold have them hole take out some of the meate with a coring Iron or if you wold haue them cut into halfes you must leue some of the meate in them lay them in steepe in conduc t watter two days & to nights thay must be shifted morning & euening then take them out the watter & rubb them with whit slate then with a clean wipe them very dry them boyl them in too seuerall watters & when thay are very tender take them out of the watter then with a knife take out all the blacke

to candy cowslip flowers

take a pound of loafe suger melt it in watter boile it to all most suger againe then have a pound of cowslip ready pick without knobs & put them in by degree & let them stand ouer a slow fier till they be dry sturen
them continually

another way

take a pound of suger & a pound of
cowslipes beate the suger very small
& sift it put into your preserue or
pan a lay of cowslipes & a lay of
suger till the be all in then sett
them over a slow fier & strie
them continually till thy be dry
most part of the suger will part
of the suger will part from them again

for the stone approved an Electurey

tak an ounce of the sirrup of alther
2 ounce of suger of violettts & 2 ounces
of oyle of sweet almonds new draw &
with 6 drops of naturall balson drop in
to it & well incorpranted together with
the oyl siurp & suger

the posit drinke

take halfe apint or a pint of new milke
boyle it on the fierer when it boyls put
of the sam quantity of whit wine &
alle which hauen raise a fine curd
let it be taken of cleane then put in
to the clere Drinke on spoonfull of
allther root with about 20 genniper
berrys well brused let them boyle to
receue the vertue of the root & berry's
which will be to the consuming of on
quarter of the Drinke or neere that
then haueing a bason where in you haue
an ounce of liquirick ware it a pint it but halfe a pint then halfe a/an ounc of liquirick being clene craped then cut into slites & lay in to that bason power the drink boyling hot upon the liqui resk couer it close a quarter of an houer this being don please to giue on spoonfull of the Electurey to the patint & wash it down with a good drawfe of posit Drink for my Lord fanshaw halfe a pint will be anuf but a man or woman a pin'
in extremmity

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a recete to make cowslipe wine

take six pound of raisons of the son or malligoe whether you please let them be cleane washed dried & picked chope them small & put them into a ston pot then put to them 7 quarts of springe watter stire it well together couer it uery close let it stand 6 or 7 dayes but be sure to strie once or twisse euery day & couer it close againe straine it out from the resons. & put it into a pot with a spicket Let it stand 2 or 3 days to settell then bottell it up & put into iuery bottell a lump of loafe suger thare may be put to the rason that is strained out tow or 3 quarts

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for a child that is stufec

mis hansby
reccat

take 2 pints of thick swett crame
make it uery yellow with saffron
put 2 spoonfulls of aquuauite to it
beat it with a spoon till it comes to
be butter squese out the whey
anoit the thort & down to the pit of the stomach with this butter
twice dayly being warmed apply a cloth dipped in this to those parts

Rx., 2 handfulls of unset hyssop, & 2 of Rosemary -
infuse them: in a pint of white wine vinegar and a pint of Damask Rosewater, next morning boil the infusion till it be half wasted, then strain it and sweeten it with white sugar Candy, give a spoonfull of this at a time, as oft as you please.

Mis hansby reccate

For a Burn or Scald

Mis hansby receat

Rx Of Hogs grease, and mutton suett of each a like quantity, then take of sheeps Dunge, & goose as much more as there is of the two Liquors, and boyl it altogether continually stirring it & mix it well together near a quarter of an houre, then put into it about the eighth part of so much bee wax as there was of hogs grease, then boyl it & stirre it a little more, Then straine it and use it for all burns & scaldes, & other Sores, you must spread it very thin apon Linnig & change it morninge & Evening. /

to make a watter good for the head

take of the flower of lime trees of lilly conuall of the uator of sage of rosmary of betony of primrose each a quarter of a picke Lauander flower to sage handfull put all these in a clane earthen uessell well Glased putt
to them the best whit wine too quarts
lett them stand closed couerd tow days
then disstill alltogether with a Gintle

fire & resure them for your use
take six spoonfull in a morring with
on good of compound surope of pione

For a Burn or Scald

Take the Iuice of a Great onion
& put to it 9 spoonfuls of fair wat'er
and as much salted oyl & beat e'm
together very well (with feathers) till
t'is thick & white, & lay it on with a
feather

Doctor Argaills Receit
To stew a necke of mutton
and pigeons without liquor

Take a necke of mutton cutt cutt into
steakes halfe a dozen of pigeons cutt
into ^ halves lay these in a deep dish, sett
them in a glentle fire cover them
close, and as you find the liquer increase
quicken your fire, then putt into it mace
a bundle of sweet herbes, an onion 3 or 4
Anchoves when it allmost a nought
putt a way the herbs and onion, soe serve
it up with sippets and garnish it with lemon
You may putt in some
oysters if you please

Doctor Argoll Receit
To dress flounders, and any sort
of white fish.

Cutt your fish in such peces as you
like lay them in Vinegar, and
salt halfe an houre Take oysters season them with pepper, and salt stew them in a pipkins in thear owne liquor two warmes or ^ boyling will be enought, cover them, putt halfe a pound of butter into a frying pan, and when it begins to blacke pover in a pinte of white wine and the liquor of the oysters when it boyle up put in your fish we with a onyon, or garliece lemon pill cloves whole, and nutmegg sliced, when tis enough lay sippetts in a dish, and poure as much of the liquor, as will moisten them, then lay your fish on the sippets, and pouer on them leave of butter and Anchoves and some horse radish and the liquor and so serve it up

To pickle Cowcumberes

Gather them very dry, wipe them with a cleane cloath put them in a glas fill it with wine vinegar & a little water & so much salt as will make it stronge, let it stand cloase cover'd i weeke, by which time they will looke yellow, then power of the pickle & boyle it with whole mace, Cloues, pepper, & a little peece of roach Allum, power it scalding hott to the Cowcumberes cover them very close & lett them stand till the next day, then boyle ii pickle as before & put it to them: this doe for 5 dayes together & they will be very greene, eate crup & keepe all the yeare

The Lady Elizabeth Harvey s Receipt for makeing cream cheese.
Take 2 gallons from the stroaking of cows. & put to it 2 quarts of water & i quart of cream & a little Rennet, when it is come take it & whey it very tenderly in a cloth, & not squeaze it in your handes, at all. Then put it in a cheese mote & lay a Board on it, & a little weight on that; So let it stand a quarter of an houre.
To make *the luce of lickuorish exalent for a coold lady harbert*

take 2 ounces and a half of uery Good lickuorish scrape of the out side and peele it in thin peices, then take a quarter of a pint of Hysoppe watter and a quarter of a pint of Colts floute watter and steepe *your* lickuorish in it 3 days boyle it untill and with it steep a quarter of an ounce of Anyseeds, when they are steeped 3 days boyle it untill it grows a little thick, then streane it and take 2 pound of fine suger uery well searced, and a quarter of a pound of suger candey ffinely searced, a little peice of cheery or blume tree Gume, of Gumdra gon. half a sponfull, *the* Gumes must be steeped *the* Day before in rose watter strean *the* Gumes and put them into a stone morter with *the* liquorish and suger candy, beat them untill they look pritty white, you must haue sume 2 sponfulls besides of lickuorish beaten and scarced and putt it in with *your* sugar and Gums and when it is all most beaten a noufe put in 3 grans of musk and 3 of Amber grease, then take it out of the morter and lett it stand a lettle while, then rowle it up with *the* other suger into past and make it up in rowls and dry them In a stoue, when you put in *the* sugar candy you must put in as much of *your* other sugar att *the* same time as there is of *the* candy

A Good powder for the Stone

Take a peny worth of bay berrys, and the
skines of a dozen Eggs shells and 2 granes
of long pepper beat them all together into
fine powder, the skines of the Eggs must
be dryed before the fire very well before
you beat them
take a bout half a spoonfull att a time
in a Glase of white wine

A saule for a old sore

Take of the powder of dry'd Cardis
and Chlorifide hony, then take a pare
of hott tonges and take up some alum
In them and so drop it into the hony and
then put your powder of Cardis into it, and make
it up to a saule.

To make turpintin Pills

Take 2 ounces of venice turpintine put
it into a basson of clear spring water and
wash it till it be very white and cleare
from motts then boyle it in a doble
quantity of water let it boyle a hower
Then power it out into a bason of fare
water, when it tis cold take out the
turpintine, and put it into the thing you
boyled it in, with a spoonfull of rose water
set it on a soft fire till it begine to cake
then take it from the fire, and make
Pills of it, and keep them up in a dish
half full of turpintine powder,

The Ague Plaster:

take about a spoonfull of veanos turpintin"he
& about the bigness of a nutt of franckinsinc
boyle them well togather & spread them upon
sheeps leather: & apply it over the nable lay
this not on till the party has had 5 or 6 fitts
least the Ague should be stoppd to soon:
to be laid on an hower before the fitt comes
to Cure a festula:

Take of white Coperis: & of Roach Allum of each the same quantity boyle them in an earthen pott or pipkin till they are very drie then: beat them: & take as much of the powder as a spoonfull comes too: & put it into a quart of spring water & let it be new milk warm: when you wash the sore with it you must range the sore very well with it & lay Clothes dipt in this water upon it: you must dres it 3 or 4 times in a day:

To pickel Mellons & quinih
Like mangoe

Core your quinih & slit your Mellons & take out the seeds then put in garlick & put into them more or lees as you wod haue them tast of it. take ffor the pickel strong Bear & vineger as much as will couer them aboue an 2 inch boyle in them a little ginger: a ffew Cloues: & a good deall of whole mace & whole peper & salt to make an egge to rise but not to sweme when it boyles scume it & power it saclding on the fruite let them be close couer ed at the weeks End boyle the pickel again & scume it & power it on as befor drying the ffruit one by one & laying into the pot againe repeat the scalding of them 3 times the last time put musterd seed into the garlick a little crushed but not soe ffine as ffor musterd by half wall nuts are & done the same way but that they are boyled in seuiral watters to take out the betternes the watter you shift them which had be hot & salt in it at the last wise them & salt
them a little & make their picke of al vineger
but as for vineger mor or less as lik ffior
sharpnes both these & the mellon you
may add a ffew bay leaues

White wallnut pickeled

Take your wallnuts 3 weeks after mid=
summer paire of al the green & throw
them as you doe them into water when you haue
done as many as you intend boyle them in
watter if it wastes be=ffore they are
enough ffill it up with warm water
when you take then up drawne them in a
corse Cloath & make your pickle of whit
wine & vineger of al vineger as you
lik ff or shart=nes boyle in it whole
pepper pepper whole mace & a ffew
Cloues power it scalding ouer them &
Couer them Close.

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for the Ganders

take a handfull of barbery bark & a handfull
of strawberry wires & hempseed & boyle all
these in 2 quarts of Ale when you drink
it put some safforn to it & drink a porr=
=inger full twice a day.

for a bruse on the Eye

take planting & red rose leafs &
boyle them in water & vinger & then
thicken it as for a poltis with white
bread crumes when you cannot
get planting leafs, take the disstilld
water /

for the chin cough

take she box & dry it very well befor
a fire & powder it, then mixe it with Honey & take a nife point full morning & night & at any time when the cough trobl.

for the Ganders

Take Goose Dung hott from the goose squee it with some Ale put to it take 2 or 3 spoonfulls morning & 4 a clock in the afternoon

for the chin cough

Take Albumgrickcome & mixe it with hony & take about the Bigness of a small Nutmage morning & night
to stope Bleeding

Take swins dung fryd in fat & lay it as warm as they can bear it to the souls of the feet

for a swelling in the leg or heat or pain or sprain

Take sage boyle it in milk till tis soft & bath it with it & lay it fresh to it every night & morning it it require it & bind on tis good for any swelling

Sir George Cobbs Recipe brought from Tonquin , a Certain Cure for the bite of a mad dog. Take Native Cinnabar, Cinnabar of antimony, of Each twenty four grains. mash fifteen grains, mix this for one dose, to be taken immediately after the bite in two spoonfulls of Brandy, and
to be repeated after thirty days, but if any symptoms of madness, already appear give two doses in an hour and in half time, and another next morning.
N: B: the above quantity is Calculated for a grown Person, but must be given to Children in proportion to their ages. this medicine is a very great sweat. therefore the patient should be in bed.

The steell drink

Take of steell prepared 4 ounces, the like burnt harts horne & sassaper ella; chyna 2 ozes ounces gallingal roots 3 drams as much of Corriander seeds; Guiacum 3 oze ounces Ebony Ebony wood one ounce & a halfe. Egremony dried 4 handfulls & a halfe; oring pills one handfull & a halfe bruse the seeds; slice the woods; break the pills; rube the herbs, a little; moysten the bagg which is to be of boulter strew into it a handful of whe brane; then mix the ingregents & put them into it then hang it in a vessell with six gallons of either alle or --- bear which you like best. & when tis 8 days old begine to drink it in the morning & in the after noon half a pint at a time, a little warme & if it be one that can vse exersis let them lye in the morning 2 hours after it put a clean stone in the bagg to sink it. Doctor Stockains addition was of grund spring watter; Cresses & brooklime; of each 6 handffulls you must purg once in a week or fortnight with either pill ruste or any thing ells

A Lobster Pye

Take the meat out of 2 or 3 Lobsters: Cut it small season it with pepper & salt most ffeine Col pepper, a pint of oyster or Cockels being
parboyled put them with your ffish into your pye: cover it with butter & leade it when tis baked take some of of the bodys with the iuce of Lemon make a cordial & cut up the Leade & put it in & shake it well bake it only with Butter make the cadill of wine sider or alle & some of the oyster liquor or cokel liquor

A craw fish soope

Wash your Crawfish Extremly Clear then take water & vineger & Clarrit of Each Equalle quainty, or to your tast a little salt onion & whole spices to your Liker. then boyle your ffish in it when Enough take them up. & Let the Liquor settle & power of the Clear then pull of the talles out of the shells & stew them in butter & shread parsley with a bit of mace then take some of the best of the body & the Claws & take the meat out of them keep the shells of the bodys as whole as you can to garnish your dish then take the meat of the others & put altogether in the liquor they was boyld in & take all the shells & bruse then in a morter & take some of the liquor & wash them in it then straine it out then take more liquor & doe like wise till you have all the goodness out of the shells with som of the liquor bruise the yolk of 4 or 6 hard eggs then take Liquor & the crums of stail white bread whole onions whole whit pepper a blade or 2 of mace & some slicd Ginger if you want Liquor take broath that other fish has bine boyld in being made thus set the ffish on the ffier & draine al the waterish part of it a way then boyle it in Either wine or sider for some tim then add it to the other as you see fitte boyle ffrench bread in it

172 in Lumps in it then haue Either tench or carpe pick or what ffine fish you please in the midle of the dish or a loaf of ffrench bread will doe very well if you haue noe fish then at the last take the tails & al the liquor & the parsley thart they was stewed in & let all boyle or stew to gether & squesse in the iuce of Lemon or what you please to sharpen it, then take either some of your craw ffish or other fish & shreed it & season it with spice & herbs mushroms a little Lemon pitt as you like you may add pickels or what you please make it into balls with yolk of an egge put some of them into your soope & fill some of the shells with some of it & garnish your dish with them & some balls & ffried & maron ated ffish. Lobster soope does well that way
To stew a Turkey

Take a fine young turkey well dressed fill the skinne on the Brest with forst meat & lard it well on the sides with bacon. Put into the belley sharlotes 2 anchoves shreed small & a little time then Brown it on a spit with a little butter when it tis very Brown Tak Equal quaintys of strong broth & Clarrit & put in a stew pann put in shallots 2 anchoves a fflagot of sweet herbs a blade of mace a little Lemon pill salt let all these stew till tholy ^ being close covered enought then serve it up in the same sauce adding some iuce of oring to it or some such thing as Lemon or grasps or goosbureys to it, ffry some bacon Collops & lay round the dish with little ffirench loaes the tops being cut of & almost the crume taken dipt in cream & ffried them fill them with oysters stewed in some of the liquor your turky is stewed in same way dos well with your solland be any such sort of ffoule.

You may Brown it on a spit or in your stew pan with butter

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To Lobster Pye

Take 2 or 3 Lobsters take out al ye iner cut it small season it with pepper & salt but

To pickel Lobsters

boyle your Lobsters then take out your talls & the claws as whole as you cane leauing none of the meat in ye shells then take white wine & white wine veneger with mace: nut=mege & whole pepper giue them a boyle when cold slice in some Lemon skinn & all then put in your Lobster & couer them Cloce keeping them for your vse in a week or tenn days time they will be ffite to Eat

Lemon marmelet

Pare your Lemons take of all the white wine as Clear as posible then slice them as ^thinn as may be then have ready some strong apple watter & to the meat of 3 good
Lemons take half a pint of apple water & a spoon
ffull or more of the fine pulp being rub'd throw a siue
to a pound of them mixt thes take 3 quarters of a pound of
the best reffind suger Boyle it to suger a gaine then put
to your suger to it & Boyle them up quick & Haue in ready
..... good quaintey of the best Green sittron slicd
..... giue it a Boyle altogether but first $ slices
..... in water & a little suger ^ & giue them a Boyle to take of the candy
..... draine it ffrom the water befors you put

Oring wine

Take 6 Gallons of spring water 12th of the
best powder suger the whits of 4 eggs well
beaten Boyle these 3qsts of an houre scume
it well when tis cold put in 6 spoonfulls of
alle yest & 6 spoonfulls of surrip of sittren
well beaten to=gether the iuce & pills of 50
oringes let these worke 2 days & 2 nights
then add 2 quarts of renish wine & tune it
up into a vessell stope it Close & let it
stand 6 weeks then bottle it if you leaue
out 20 of the pills it is the better for the wine

Lemon wine

Toa a Gallon of water take 2pd of good
suger Boyle it an houre & scume it
well allow water ffor the boyling a way &
just when tis enough put in the iuce & pills
of 2 Lemons then take it of the ffler & when
cold put to every Gallon a good spoonful
of Eyet & worke it 24 hours then tune pills
& al into a uessell ffit for it let it stand a ffforth
night or 3 weeks in a coule place then bottle
it but dont corke it Cloce til it is setted a
week or more then clear it into other bottles
to corke it close & keep it till fffite to drink
you may add more Lemons if you please

The best Apricok wine

Geather them when they are ffull ripe
wipe them Clean & pick out all the spots & the stons & the stalks then quarter them & put them in a earthen pot with as much watter as will couer them & ssume thing more then set it into a kettle of boyling watter & when you think them throw hote then take it out of the kettle & put in as much doubl reaffind suger as you think conuenant to sweeten it the sweeter it tis the better it will keep let it stand close couerd 4 days then draine it throw a haire siue into a Earthen vessell & let it stand 3 or 4 days more then run it throw a flannel & bottle it when it has bine 6 or 8 days in bottles if not Clear rune it 3 or 4 tims more throw flannel a gaine & if it has any seniment clear it into ffresh bottles & cork it well

Almond Butter

Chirn a quart of Cream in a Glass chirne or bottle when tis butter wash it in watter take 2 onces of almonds blanched & beat them uery fine with oring flower water or rose watter mix them & your Butter together with the yolks of 2 Eggs a little warm on the fier & season it to your tast with suger then with a spoon put it throw a orang Coulnger on plats or throw a squart

A pretty sort of Lemon Caks

Take your Lemons & scoope them & put the pulpe in a siluer tanckard & set it in a skellit of boyling water ffor a quarter of an houre then rub it thro. a haire siue & take the weight of it in double reaffind suger put them together as ffor other Clear Caks & when your suger is throwly scalded put it into your Glasses & when fflite to turn take them out of your stone & let them Coule befor then turne themthen put them into your stone again

An Egge Cream

Take the yolks of hard egges bruse them small & with butter make them into a past season it with suger & either orang flower or rose water doe it thro an orang Coulnder or a squart with a mouse thatt is ffull of wholes or what you ffancy
The Egg Riallnot a good cream

Take 2pd of suger & Clarrifie it then take
2 dozen of Eggs & take the yolks of them & straine them
then take a small tunnell & put it in by little & littel
& let run thro into the boyld surrip & let it boyle
a little while & take it put & take it out & put in 2 or
3 tost in a plate or past in small patty panns & put the
eggs upon the tosts or in the patty panns & set them
in a modrat ouen to harden with suger sifted ouer
them I beleive a quarter of a pint of water is enough to
and of suger some lemon & some the
pill will doe well in it
this is not a good cream

Chocolatt Cream

Take a quart of very thick Cream
& boile it, then take three ounces
of the best Chocolatt great it, & put
it to the Cream & let them boile to=
=gather then put in a quarter of
a pound of fine suger let it stand
to be cold then whip up the whits
of 7 or 8 egges & put it to the cho=
colatt & cream, & whip them up
togather skim of the froath as it
rises so, put it in glaces or cups,
To Dresh mushrooms hogg

Take of the upper skine then put them in a dish without water and draw there water out with a small fire and through it away then stew them with an onion and butter and a little Cloves and mace with a little vinger and boyle them a good quarter of an hower,

A Beef pudding

Take half a pound of suet & a pound of Beef, 2 or 3 sharlots spices & some sweet hearbs shred these very small severaly then work all together with 4 or 5 yolks & boyle it in a cabage leafe,

A table of the recepts in this book,

1 A water for the uabers of the mother & spleen,
2 my lady warricks sittron water,
3 Lucantilus balsom for wouls by my lady palmer
A water for the leandus
6 spleene & Collick wind in the stomick,
8 to make couslop water
9 to make palsy water
12 to make surrip of quinces
14 to make Raspice wine
15 Aqua merabiles
15 a grat cake,
17 Lady Allins water
18 the grene oyntment

oyle of chirity
20 to Make Gorges plaster
22 to make smaller Rispice wine,

23 oyle of chrarty
to make yellow salue

25 to make aqueadcredre
25 to make honycome caks
26 to dry damsons
27 to dry Aprecks
28 to slice aprecoks
28 to make marmilate of Chres
29 to make marmilate of Aprecoks,
29 to presarue damsons
30 to presarue Chrees
30 for one that maks bloudy water,
31 to make white marmilate pf quincis,
32 to make cracknells
33 to make one conseue
33 to dray put a thorne
34 a plaster for the worms
34 for the scome
35 for one that hath vnk =indly labour
35 for one apt to miscary
35 to avoyde miscarying

36 to expell a dead child
36 for a strene
to make sirrip of
37 Turneps
37 a water for any ousore sere
38 to make crame cheeses
39 for a consumtion
40 to make spanish crame
40 to make sider
41 to make balme water
41 A good broth
42 lelly of harts horne
43 for sore eyes
43 a water for pox or ^mesels
44 for a strene
44 for the whits
44 for a lax
44 a plaster for the colick
45 for a burn or scald
46 for the goute
46 for the whits
47 for the grene sicknes
47 for staying the Cor:
48 oyle of Adders toung
50 to make oring watter
50
51 to make clary watter
51 to make mint watter
51 for the morphew
52 for the whits
53 to make rosa solis
54 for scalding
55 for the stone
56 to make marmilate
of quinces Red
56 to make white mar=
57 to dry pippens
57 for the stone
58 to make pippin watter
59 Dock Alle
60 A rare broth
61 A water for the face
61 Rowing Cheese
62 the plauge water
64 the oyle of St Ions wort
65 A plaster for sors
66 spleene plaster
67 Canker oynntment
68 Elder wine
Good cokerry To boyle a Pigg

Take a fatt pigge when it is scalded & well washed brak it & lay it done to the fire till the scin will pill of when you haue tak= =ing of the scin Cleue the pigg over the back then cutt it in lynts, putt it into water & wach it clane, then putt it into a piken but to it a quart of whit wine & as much water as will couer it, boyle & scim it & put in sum mace nutmegs & salt to the tast, then take parcily halfe a handfull time sweet margream wint= =ter savery of each. halfe a handfull, minch these smale & put them to the pigg put in 2 or 3 grat ounons 6. anchoues wached Couer it close, Lett all stuw together till you think the pig be anoufe, whilst the pig is a boylng boyl sum cabbage lettis dran the water clen from them,

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put them to your pig, for a while to take a way the waterich tast from tham, put sume sippits in the bottom of the diche you send it vp in, be carfull to take all the fatt from the licker & lett ther be noe more licker left then will dish up your pigg soe put sum of your lettis be under your pigg & sum aboue it when you dich it up, putt into your licker a good peice of butter & the luce of a lemon soe keep it sturing that the butter doe not clarify soe power the sawse upon the pig & sarue it up if you like the tast of garlick you may put in a cloue of a littil garlick vinecer

To dress a pigke an other way,

Take a pigge quick & cutt it into good larg pecis rub it with salt & put it into veniker for a quarter of an hower then haue redy boyling of the fire as much ale with a pint of whit

wine as will couer it to boyle, putt in the pigg & most of the venneger with a littill mace hole pepper & a bounch of sweet hearbs, the liuer & mett & soe lett it boyle till it lie anoufe then take 2 or 3 sponfulls of the broth & beate
vp your butter with it & six anchoves scrap into the saws hors reddich with fench brad in the bottom of the dish, this receate is not for a pigg but a pike,

To hash a shoulder of veale,

Take a shoulder of whit veall putt it on the spett take 2 pound of beeufe shuett minch it & sett it i a boylung in a littill water till all the suett be melted then sett an earthen pan with a good deall of could water, then take the boyled suett & strene it into the could water to coulle it quickly then take the scim from it take it out of the water & sett the water drene well from it

4
then take time a handfull & strip it & winter savery & strip it minch these small with 6 or 7 cloues of garlick then put your boyled sueett to them, & minch all together againe, seasson all these with salt nuttmugge & mace, putt in the youlks of 3 or 4 eggs, work all together & stufe your veall therwith in littill hols lay it done to rost bast it with elder vineger till it be anoufe, you may make a hash vnder it, of some of the sids of it sliced & putt in a friing pan with som of the stuffing & sum clriett wine & the yolks of 3 or 4 eggs with 3 or 4 anchoues diisouled, so keep al these stuing ouer the fire that they doe not cordull put the hash vnter the veall take to or 3 sweets brads & sum rashers of bacan, boyle them & lay them about & over the veall soe squese a lemon on it & so sarue it vp,

5
To make a biske,

Take the pallets of beefe ouer night & boyl them every tender then take of 2 skins of one side & sclice them, about 3 a clock the next morning putt ouer a grat many knockles & marrow bons the marrow being taking out, boyle these till a eleaven a clock then stren the broth out & couer it, & put to it your pallets & 6 chickins or piggins & a good many sweet brads & lams stons cokes comes
oxe eyes & oxe lips & sum chessnuts & an oynon
& a littill of all sorts of spices & sclices of a lemon
& hole lumps of marrow, wipe your dich round
with garlick & soe putt all into your dich
& vpon the meat lay hartichocks bottoms
or fried scrittets or fried oysters according to the season, a bvnch of sweets hearbs which I forgott,
To dress mushrooms my Lord Digby's way,

Take mushrooms pick them very well wash them in salt & water 3 or 4 times then drene them from the water & put them into a clean dish, sett them of the fire & ther will come pickle from them, lett them boyle in that till they be dry, then putt to them a littill clared wine & gravi of mutton & oynon a littill pepper & mase sume sweet margram & time soe lett them stew. when they are anoufe, putt in sume bread crums & sume butter, & send them up,

(9)

to pickle sturgeon,

first boyle it very well saltt & watter with sume dill, then lett it stand till it be could, & then take 4 quarts of white wine & 4 quarts of veneger & 4 quarts of that lickuer it was boyled in put them all together into a pan giue them one boyle & lett them stand till they be could, then putt your sturgeon into a close parrill put your lickuer to it, keep it close that your lickuer couer it, & it will keep 7 years; but the best way Is with the leyes of bere,

To stew a peice of Beefe which is exsolent meate

Take a roump of Beefe or the peice next is brisket parboyle it for an houre or less then put in into a deep disk, slashing the insind of the beefe that grauy may roun forth then put pepper betwext the slashes & fill the dish with claritt wine to couer the beefe, put in a littill
larg mace couer it close & lett it boyle in houre & an halfe, turn it often taking of the fatt, filling it up with strong broth of wine then slice in ounyons & a good handfull of cappers or brone buds some parsley 6 curled lettes, some pickled mushrams & 4 anchoues, 3 sponfuls of vengcer & as much varges, then lett it boyle till it be very tender, turning it often least it burn to the dish, slice some brown Bread & french bread & lay att the bottom of the dish, so sarue it vp:

(10)

To bake a Rump of Beefe

Take a Rump of Beefe younge & fatt boyle it very tender, or lett it be halfe anoufe, then take it out & stick it with cloues, shred a handfull of sweet heabs, as margram time sauury parsely, minch the hearbs small with 4 yolks of hard eggs, ^ beaten spred them our the hars beefe, lay it in a stone pipken & lett it in the ouen, & bake it till it be tender, but into the grauy that rouns from it, the fatt being firest taken of a littill clarrit wine hauing sum oynouns shred in it, 3 or 4 anchoues desouledged, slices of french bread in the bottom of the dish then lay in the beef & squeeze in a limmon upon it

12

To pickell smelts,

cut of there heads & oppen them take out there guts & wash them very cleale, then take soum whit wine vynecr but a littill fare water to it & a pritty dealle of salt, but into your pickell, cloues nuttmugs & one lemmon cut in slices meate & all, so put in
your smelts, & as much pickell as will couer them, & keepe them a forthneth in this pickell before you eate them when you sarue them up, part them take out the back bones part them like anchoues, with oyle & vinecor & a littill time stript ammongst them,

A frygacey of Chickins

pull them in peices a live and then skine them, take some good herbs proportionable to your Chickins as sweet mariurom time a winter sauery and parslye with a littele onion or rob the bottom of the dish with a little garlick, you must cut the hearbs and onions small, put them into a pan with as much water as will couer the chickens and a little salt and let them boyle togather at least a quarter of an hower, then take 2 or 3 yolks of Eggs and beat them with a little vinger or some lomon, and put them to the Chickens a little before you send them up, you may put some pallets, in that has been very well boyled before till they ware very tender,

To Dresh mushrooms hott

Take of the uper skine then put them in a dish without water and draw there water out with a small fire and through it away then stew them with an onion and butter and a little Cloues and mace with a little vinger and boyle them a good quarter of an hower,

A Beef puding

Take half a pound of suet & a pound of Beef, 2 or 3 sharlots spices & some sweet hearbs
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