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Last Updated: 9 September 2020

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

front outside cover

front inside cover || page 1

Grace Lclasesse
booke of receipte.

This Lady
Grace Castleton 's.
Booke of
receipts.

The Grace-Cast
aa
ooooooo

2
Lady
Ingram

A water good for *the* vapors of
the mother & splene,

Take Galangalls & herbs cardimony & single
piony seeds of each four drams, and 2 ounces
of millilot 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 quarters of white wine together
with a quart of good Aqua-uita & a pint of
the iuce 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 Srittrons & pare of *the* galon rind
& iuce them a bruse or 2 in a sone mortar
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

page 2 || page 3

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 & sutt 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 searced
magestareall of pearll a littill ambor if you
please sum halfe a quarter 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, & sutt 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 balsom one ounce of *the* oyle of St
Iohns wortt of Redd Sanders pouredred one
ounce sex spounfuls of sacke, cut *the* wax &

melt it upon *the* fire & then take it of & put *the* turpentin to it, haueing 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 cooule 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

page 4 || page 5

4

stur it for som 2 hours till it be gorwn thick then keep it as most pritious for use 30 or 40 years or more,

The vartues,

1 It is good to heall any wound inwardly or outwardly, being squirted warm into the inward wound being applied to an outward wound with lint annoynting also those plases therabouts it not only taketh away *the* pain but keepeth them from inflimation & 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 annoynted with *the* sayd oyle & a peece of lining cloth or lint dropped in the same being warmed & layed into the plase it will heall in with out any scarr remaining

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

5

4 It is good against *the* wind collick or stick in *the* side being applied therunto warm with hott cloths 4 mornings together &, euery morning a quarter of an ounce,

5 It is good aganst poyson & helpeth any surfet
taking *the* quantity of an ounce therof in a littill
sack warmmed,
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 helpth 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 infected with *the* plage 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 &

page 6 || page 7

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 uery 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 string them as long as they,
make a noyse then putt them into a collender
to drean wipe them clean & putt them into
a mortar 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 handfulls of Egremony two of bearsfoot
 2 of betony two of wood sorill two of Red dock
 roots 2 of the barck of barbary tresse & of rue
 halfe a handfull sread, of Tene^yreeck & Turmireck
 each one ounce of saffron beaten to powder the
 wight of Six pence Six ounces of hart horn two
 ounces of cloves 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
 sponfulls of beere & a littill Suger, of the small
 =ist sort as must beere as water you may drink
 of it also att fower a clock in *the* afternoone,

page 8 || page 9

8

To make Couslops water, Lady Lister

Take 2 gallans of Strong Ale a measuerd
 peck of picked Couslops 2 ounces of Anniseeds
 brused halfe a pound of lickerich sliced, mace
 & nutmugs cinimen cloves & 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 ieuie pellitiry of Spane liuer=
 wort harts toung St Iohns wort dandilion
 mugwort mugwort sperement cardus benidectious
 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=vita 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 these to *the* rest, with as many lauinder flowrs

page 10 || page 15

10.
stript from the stalks ass will fill a Large
gallan glass keep all these 6 weeks after the
Leauender be in them disstill them in a lim=
beck uery carfully ^ lett it run 2 quarts then putt into the disstilled
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 disstilled water & putt to them
of Iubbobs 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 nuttmegs
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
disstilled 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

page 16 || page 17

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 uery
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 thit 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,

page 18 || page 19

(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 rsage & 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

19
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 anynte 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 anynte 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

page 20 || page 21

18 20

it is good against all aches fellons swell=
=ings of woulds *the* totheake proseedng 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 kept 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 coniuention 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 melit
in your mought, then take 4 ouncis of
this powder for euery 4 ouncis of this
powder add halfe an ounce of pearll &
halfe an ounce of carrall bett & searced

19 21

likewise to as small a powder as *the* other
incorporate them well together,

then take a quart of spring water, put to it xiiii Skinnes, (if more the better of Snaikes such as they make ther viper wine of in London , they must haue ther talls cut of about 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 leaue gould masceerate it well before you putt itt in, boyle all these vpon a cleare scharcoole fire to a gill & less of leq^uor, 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 strene it form the skines & mak =ing *your* leaded pipking clane, giue it owne

page 22 || page 23

22)

other boyle with a littill cyparis ragg *that* hath in it a small quantitye of musk & Amber grece

if you make a duple 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 allso 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 & stened 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 ~~ther~~to euery 6 quarts of this lequor one quart of the Iuse of Rispies putt it into a barrall &

lett 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 handfull 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 chraity otherwase
velarien lett it stand 9 days then sett it on

page 24 || page 27

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 camfher 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,

page 28 || page 29

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 warming 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 littill as you can, put it into marmilat
Glassis,

29

To make marmilate of
Aprecoks,

Take 3 quarters of a pound of ripe Apreco^{ks}
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 g^{ood} 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

page 30 || page 31

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 ~~bludy~~
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, putt all these (except the Lickiorish) into a grate pipkin & boyle them gently till halfe be consuemed &, set the Licker=
=rish be put into them not aboue 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 firest mingl
ed 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 spon 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 duoble 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,

page 32 || page 33

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 eggs a littil
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 & anyont 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 nuggtmugs 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,

page 34 || page 35

34)

A plaster for *the* worms,

Take a round peice of red leather prick
it full of holes *with* a knife poynt 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 suppled
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* stomach is empty, &
drink presently after a pint of possitt
drink of alle & white wine *the* Iuse 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 & beate ^{^ 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 vse 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 stearn
them boyle them & thicken it with an egge
boyle in sum sineman & soe eate it warm

page 36 || page 37

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
po^{^w}der & *the* powder of granes & cuminseeds
of each a like quantity putt therto 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 consumption or
could,

~~A very good plaster for a consumption~~

A water for any sere 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

page 38 || page 39

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 twice a day
till it be whole,

To make crame Cheeses

Take a ~~galland~~ of ⁷ pints of boyle *your* creame new milke & 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 itt 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 wett 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 consumption by D: buttler

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 handfull of made=
ons hare and one handfull 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 quantity in *the* after nounge
soe long as it lasteth,

page 40 || page 41

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 nuttmugs 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

page 42 || page 43

42

To make Gelly of harts horn
good for a consumption,

Take 3 ouncis of harts horne finely
scraped putt it into a pipken with 3 pints
of spring water sett it on warme ~~en~~ 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 Iuie Celandine & daises 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 sorrill & a littell route of
elycompany the rout stamped & the hearbs
shred with twice 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 selves, 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

page 44 || page 45

44

for a strenne

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

for *the* w^hitts

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 dried
of each a handfull beaten small & add therto
bayberys cloues mace beten of each a sponfull

(45

these powders being ridy, boyle a pint of stro
nge alle with sume honny untill it be a sirrip
then incorprate all *the* powders with sume of it, &
spred it on sheeps lether, & 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

page 46 || page 47

46)

A daett drink for *the* goute
by docker myearne ,

Take of salts pariglin 8 ouncis, of China

10 ounces, of *the* routs of ferne of famall
docks pionye malle, each 4 uncys, of the leaus
of egremony lierwort lungwoort scabious
folefoote, 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 veanys 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 & ger
mander of each a good handfull & stamp
them with honny then strene 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,

page 48 || page 49

48

To make *the* oyle of Adders
toug,

Take a pint or quart of *the* best sallett oyle

& put it in in possnett, then take *the* Adders
tounge & bruse it in a mortar, & 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
water 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 anoynt it with
it warme,

page 50 || page 51

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
upon 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 poower it of
gently & lett it run through a browⁿ
paper, & lett *the* partty wash 3 days
togetther morning & euening, & wash
in nothing elce for that time, & 3
days after wash not att all, & att the

page 52 || page 53

52

ende of them days wipe the place
washed with a peece of scarlett, & *the*
morphew will peelee 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 sweet=
ten it with white suger candy
drink it for a weeke to gether,
euery mornjing fasting, new milk
warne,

for the same,

Take a new lade egg rost it reare
& as you eatte 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

page 54 || page 55

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 medsion
for *the* stone,

Take *the* lights of a fox *the* seeds of
bromes *the* berrys that grow vpon *the*
willd eglantin *the* pills of orringes Ashon
keys read nettell tops when they first
come vp *the* crops of Red o^ake when frist
it coms vp in *the* spring tops of red time
striped saxifrige 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
euery 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

page 56 || page 57

56)

To make marmilate of
Quinches, Red

Take good quinches greate them into
a cleane bason streane them & take
a pint of *the* Iuse 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 spanish quinces
pare & core them cutt them & put
them into a siluer bason with halfe
a pound of fine suger, lett them bo=
=yle 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 & scearce
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,

page 58 || page 59

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 consuemed a bouthe
3 gallons, then putt itt 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, putt a
pint of Alle yeast to it & sett it a
working 2 nights & days then skime
of *the* yeast cleane & putt 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 elce it will driue out *the*
cork you may drink of it within a
forthnight it will keepe fiue weeks & not longer,

To make Docke Alle good for
the spleene & liuer,

Take ffower gallons of midling Alle with-
out hopps as sowne as tis coole putt 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 sorrill 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

page 60 || page 61

60

& 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 rounde
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
femetary 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 cheess must be made when
the beasts are put into *the* mowed ground,

page 62 || page 63

62)

The plague water, Lady wesmorland

Take rue agremony wormwood sallindin
sage balme mugwort dragons penerriall
marigould fetherfew burnell sorrill Alico
=mepany roots screaped & shredd small

scabious wood bettony auienes termintell
cardus benedittus angeleco of each 2 pound
4^t 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, puting 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 methredate, without you se great
accation, for both together may bring out
the pox or measels too violently, it is allso
good in a surfett, if ther be a feauer giue
the small water, if ther be noe feauer
giue *the* stroner, it is allso 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

page 64 || page 65

64)

The oyle of St Iohns woort,

Take one pint of white wine, 2^t of oyle
ollieue 1^t of *the* oyle of Tuerpinten *the* leaues
flowers & seeds of St Ihons woort, of each
a good handfull gently brused putt all

these in a double glass sett it in *the* sunn
8 or 10 days, then 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 putt 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 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 ^{ounes} 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,

page 66 || page 67

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 mortar then put to them 3
pound of fine Rosell 12 ounes 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 parfictly 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 pricking *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 touth
which is dandalyon buckhorne plantin ribbes
Red sage mints marcury wormwood betto=
=ny selfe heale falerinu Scabius that groeth
in meadous 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,

page 68 || page 69

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 40^{pd} 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 bouthe 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 berry Iouce *the* stronger will
keepe a yeare *the* smaller halfe as long,

(69

Lady Lister

A plaster for a consumption 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 annyseeds sweet fennell
seeds wild carritt seeds of eatch a dram & a
halfe, angilyeny roots & cloue gelyflowrs roots

page 70 || page 71

70)

Clarry & time & callimett pippernoll & 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 uncis
rose water 4 uncis 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 D:...ridges against
the plague to keep a baue all treasure
for in all *the* plague time it neuer
faled, 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 ouer *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.

page 72 || page 73

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, stur 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

73

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* child's 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 ueluet
& laye it at *the* nape of *your* neck &
your temples,

page 74 || page 75

74

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
Iust garthered

A medison for *the* Stone

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

(75

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, first sprenkling
each sponfull (ore if you please) with Suger

& emediately after them drink a draught
of Ale or beere sweettned with suger
or seasened with slict nuttmugs, the
patient must take this medison 3 morning^s
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,

page 76 || page 77

Lady
Candish

a rare water for keeping
the hare from coming of,

Take halfe a pint of spirit 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 eggs, 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 eggs but itt in, & lett them
boyle [^] but Iust 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
oring & 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 cold water, till you haue

page 78 || page 79

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 sroup, 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 itt 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,

Chrey water,

Take ripe cherries. 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

page 80 || page 81

80

taken out *the* stons & brused them in
a marble mortar, & 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 sune mush & ambre
greece hanging in a peice of sarsnet,

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

Take *the* knuckles 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 therto consarue of Cloue Gilyflowers
& consarue of roses of each an ounce,
streane it & drink a good draught
euery morning, & after noone blod
warne, I had forgot a ounce of harts
horne must be aded,

page 82 || page 83

82)

To make treackle 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 & crypres
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 borrigge 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 oyntment,

Take Lauinder: Ridsage Rosemary spearmint
wor^m wood 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. cowsherne
of each of these a porringer wffull 2 ouncis
of frankinsence nutmugs cloues mace silym^{on},
make all these into an oyntment,

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,

page 84 || page 85

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, *thentake* putt in half apeck of Damosk rose
leaves, sweet margerum, blowne lavender of each

two handfulls, a quarter of a pound of oreng
& 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 toge=
ther, ^{lett} them infuse in a close thing well stopt
twenty foure houres *then* att three severall
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 *withthe* sugar to steepe in
a gallon of good white wine, stir them
well together, & lett them stand all night clos-
covered in a stone pott, in *the* mourneing 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.

page 86 || page 87

86)

The Sarfitt water

Take 2 handfulls of Rue, 4 [^]of wallnutts
when they are greene, & so young as a
pin, will pas though, 8 handfulls of figs,
beate all these well in a mortar, & 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 mall=
=as wash & scrape them, & take out *the* pith
& slice them, boyle them in spring water
till all *the* strenth 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 salve for a burne,

Take Goulden sackcefrage, & ground eiuy of
each, *the* like quantity shred them & fboyle
them in may butter, then strene it & keepe
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 *yoursploums* 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

page 88 || page 89

88)

are allmost dry, wipe them ouer 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 ounceis, of *which* take *the* wight of a
shilling att a time before & affter 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 neew milk, then put *the* honey into

(89

a boule, then mixe *the* water & it together
keepe it boyling 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 fortnight after you may
dray it unto bottles, it will not keep about
a month,

page 91 || page 92

A receipt to make Marchbane
cakes

Take a pound of *the* best Iourdain water ^{^ Almonds}
& lay them in water over night the
next mourneing blanch them into faire
water, then take them out & dry them
cleane, & beate them in a stone mortar, &
in *the* beating put in about 2 spoone full
of *the* flower of Rice, & a little Rose water
with muske & Amber, & about a spoonefull
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

sheetes of wafers, & stick them with oranges
& Citorns, & 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 consumption

Take madens hare, liuerwort, harts toung, lung=
wort, *which* is called spotted sage, or sage of Ierusalem
fowlsfoot, Agremony, of each a good handfull, unsett
Isop tops, & hoarhound of each halfe a handfull, 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 euery pint of *the* licquer, 3 quer
ters of a pound of white sugger Candy or fine suger
boyle it up to a surrope, may or Iune is *the* time to
make it, *the* party must take 2 sponfulls morning & night
or w sweeten ther broth with it

page 93 || page 96

93

A rare resceat for *the* scruy

Take garden scrui gras 12 pound pick it cleane
bruse it, stamp & streane it, then take 3 pound
of Briony roots, new gethered, 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* Iuse of *the* scruyey 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 Equarts 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* mortar & 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,

page 97 || page 98

97

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 fflower 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 Cherbett

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 fflower watter 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 uery coold,

98

To make pippen drink

boyle pippens in water till *the* strenth
be out, you must pare & core them &
boyle *with* them a littill 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 sune
fine suger, then power in *your* pipen water
warne upon it lett it stand till morning
then bottle it,

page 99 || page 100

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 them
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 bottles
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 Rasperrys & 2 handfulls of Borage
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

page 101 || page 102

Rasperrys stope it close & let it stand till *the*
watter haue taken a fine couler, then strene it
from *the* Rasperrys, sweeten it to *your* tast, with
white suger Candy finely searsed, & kept 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*
stomack & 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 eatch two handfulls, Cvminseed two ovnces
bayberys 3 ovnces, let yovr hearbes be small
Cvt, 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 stons or lapis Calaminaris
red hott & quench them in *the* water take 2
ovnces 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

page 103 || page 104

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 handfulls of cloue Gillyflowers 2 ovnces 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 lhon

The stringent watter for staying the -

Take a quart of Red wine & a quart of
plantin watter a handfull 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 oyles 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,

page 105 || page 106

Take of this electuary, about *the* quan
=tity 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 some
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 creame

Take 4 good lemons chipe them uery thin, then squeue *the* Iuse of *the* lemons into *the* pille, lett it stand 3 howers, then take *the* whites of 8 eggs beate them uery well, then Add aboue a pint of spring water, then putt in *your* Iuse of lemons & a littell Rose, & orring flower watter, run it though a cotten bag, then sweeten it to *your* tast sett it on *the* fire sturing it all one way till it begine to thicken, & be like Gelly when tis coold, this is anoufe for 2 dishes

Axtract of mault for consumption

Take a Gallon of strong Ale wort, into *which* put hearts tounge, leuerwort, Isop, ~~de~~ colesfoote, Orgument; horehound, ffennell watercresse, Scabious of each halfe a handfull, Rosa=solus, a handfull; Caper-roots clen's'd, one ounce, Allacumpany rootes

page 107 || page 108

steep't & prepayred halfe an ounce.
Rayson's of *the* sun & figs of each halfe a quartern of a pound, Dates slys't & stond 2 ounces, fox lungs prepayr'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 thicknesse *yow* please, *yow* may leaue out *the* hony if *yow* please butt *then* *yow* must to euery pint put a pound of sugar, to euery pint of this *yow* must add an - ounce of Maiesterium of Pearle & 2 dram's of the salt of Currall this - must be taken fasting the quantity of halfe a spoonefull, 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 weakenesse

Take a good fleshly capon; well drest
& clens'd for *the* fatt & intrells; & per-
boyl'd a little, cutt in small peeces; 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 handfull, Cheny rootes 2 han-
=dfulls; pistachey & pine curnels; slist
of each one ownc & a halfe of *the* Cörd -
Cordiall flowres of each 2 handfulls;
Iubebs new 30 Dates slyst halfe a quar-
=tern of a pound the spices of Dya-
-Margrett, ffrigidium; Dyacodian; Abatis

page 109 || page 110

of each one ounce; the herbs with all
the other things being shredd 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^{ty} 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 Convulsion 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 & scearse itt; & take
as much of the powder as you take vp
on a groate & putt it into 2 spoonefulls
of Lyllyconvallium ^ flower water; lett the
patient take *the* like quantity 3 mor-
rneing to gether & fast one houer

after & att nights; a spoonefull of
the same surrop of the same flowers
Doe this in the springe & fall 2
mounths to gether & att *the* increase &
waine of *the* moone, anynt *the* naup of
neck with oyle of amber, lett *the* patient
an issue

page 111 || page 112

ffor a Cancarr.

Take very fine burnt alum
well scrypt, mix itt with *your* best hony
& 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 5 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 dram, pound them well in
a mortar, *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 suddainely & must
be vs'd till *the* effect be found.

page 113 || page 114

To make Cherry wine,

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

To make biskitt of fruit Lady Coumton

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 uery 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 uery
hott butt not boyle then put in *the* peaches
lett them stand an heure 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

page 115 || page 116

euery 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 anynt, 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 puled in peices till it be
well boyled then putt into it some swines
Grease,
for *the* Bloudy fluxe you must
anynt *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* anynt
the Temples, & forehead, & fore *the* stoping of

rume, & sore eys if you anynt *the* eye lids,
it heelpeth any burne or scald, it cureth
any cutt, beeing melted & putt therein
Take 8 puond of butter out of *the* Churne with
out salt, or washing, only well beaten out

page 117 || page 118

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 itt 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 uery smalle, 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 littill 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,

page 119 || page 120

To dry Aprecoks or peare plumes

Take a pound of plumes & a pound
of suger, slit & scald *the* plumes tender
then sprinkle sune of *your* suger on *the*
bottom of *your* bason & lay *your* plums

one, by one, & couer them *with* the rest
of *the* suger, & leaue [^]sett them in *the* stoue
all night, next day heate them ouer *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 codle them.

Mrs Beckworth Receipt for *the*

Stone

Take

(of Haw Water)

(of Renish wine)

(of Sirrorpe de Althea)

Each tow good Spoonfulls

Let these be taken in a draught of Ale three
mornings at *the* ^{change} full & fiae 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. /

page 121 || page 122

Mrs Wray of Barlings her Quince wine

Take *the* Quinces *when* they'r th[^]row ripe, grate
them & presse out their iuice, lett it then settle
whilst it is cleare at *the* topp; powre [^]out of *the*
cleare, put a little suger to it, & *then* let it
stand & worke, *when* it has don workeing put it
into bottles, *with* a lump of suger 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 their 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. /

page 123 || page 124

an exalent respeat to
cure madnes,

Mr ffranklard

take rue schred it & mix to it *with* oyle of Roses, spred it upon leather & lay it upon *the* crowne of *the* head *the* hare being sctiped of,
Apply to *the* nape of *the* neck a plaster of Red rose leaues coming seed, & Red, wine uenicer, Aply to *the* nauill a plaster of Gallanum, Aply to *the* solles, of *the* ffeete rosted Ounions to *the* temples sowes milke to make them sleepe, giue inwardly sume spirritt of castor, or *the* powder of castor in spring watter

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 weichte of one shillinge; sinamon
halfe an ounce; Annieseede the weichte of three -
shillinges, Gueng pepper :30: Graines or what you
will, Any other spice you please, of Almond^e ^{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

page 125 || page 126

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 borag^e
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 medication 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 coddcs &
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 watre
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

page 131 || page 132

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 streen them and put
in a pint of the watter the rinds
was steeped in and squeeze in the
Iuice of a Lemmon & half a pound
of duple 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

page 133 || page 134

to dry cheeres

take to euery pound of suger 4 pound
of cheeres & take allmost a quart
of the Iuices of cheeres to on pound
suger so make a surrope 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 Marmalet

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

page 135 || page 136

to presarue orrings

take Tweleue 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 conduct^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 uery dry themn boyl them
in too seuerall watters & when thay
are uery tender take them out of the
watter then with a knife take out
all the blacke

page 137 || page 138

page 139 || page 140

to candy cowslip flowers

take a pound of loafe suger melt
it in watter boile it to all most suger
again 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 uery 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 ouer a slow fier & strie
them continually till thay be dry
most part of the suger will part
of the suger will part from them again

page 141 || page 142

for the stone aproued 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 firer 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

page 143 || page 144

an ounce of liquirick ware it a
pint it but halfe a pint then
halfe a/an ounce 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 pint^t
in extremmity

page 145 || page 146

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 stire
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

page 147 || page 148

for a child that is stufec

mis hansby

reecat

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

page 149 || page 150

For a Burn or Scald

Mis hansby reecat

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 Linning & 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 altogether 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

page 151 || page 152

Doctor Argails 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} 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~~ ^{to}
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 ~~and~~

salt halfe an houre Take oysters season
them with pepper, and salt stew them
in a pipkins in thear owne liquor two
~~two~~ warmes or [^]boyleings will be enough, 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
garlicke lemon pill cloves whole, and
nutmegg sliced, when tis enough lay sipetts
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

page 153 || page 154

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 squeeze
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.

page 155 || page 156

To make *the* Luce of lickuorish
exalent for a coold lady harbort

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 ffoote
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 p^ound 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 strea *the* Gumes and put them
into a stone mortar with *the* liquorish

page 157 || page 158

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 mortar
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* suger 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 dosen Eggs shells and 2 granes
of long pepper beat them all together into
fine powder, the skines of the Eggs must
be dried 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.

page 159 || page 160

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 turpinti^{ne}
& about *the* biggness of a nutt of franckinsinc
boyle *them* well together & 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 ^{coms}

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 itt you must
serange *the* sore very well with itt &
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 gar
lick & put into *them* more or lees as
you wou 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 sacld
ing 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 ffor
sharpnes both these & the mellon you
may add a ffew bay leaues

White wallnut pickeled

Take *your* wallnuts 3 weeks affter 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 ffor shart=nes boyle in it whole
pe-peper pepper whole mace & a ffew
Cloues power it scalding ouer *them* &
Couer *them* Close.

page 165 || page 166

for *the* Ganders

take a handfull of barbery bark & a handfull
of strawbery 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

page 167 || page 168

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.

page 169 || page 170

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 boulder strew into it a handful of whe^t
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 handfulls
you must purg once in a week or fortnight *with*
either pill ruste or any thing ells

page 171 || page 172

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 ^{som} alle & some of *the* oyster liquer or cokel liquor

A craw fish soope

Wash your Crawfish Exstremly 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 mortar & 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 bruse *the* yolk of 4 or 6 hard eggs *then* ^{^ take} Liquor & & *the* crums of stail white bread whole oinons 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 *thatt* 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 ~~somethem~~ & some balls & ffried & maron ated ffish. Lobster soope does well *that* way

To stew a Turkey

Take a ffine young turkey well drest ffill *the* skinne on *the* Brest with fforst 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 spite with a little butter when it tis very Brown Tak Equal quaintys of strong broath & Clarrit & put in a stew pann put in shalle sharlot 2 anchoves a ffagot of sweet herbs a blade of mace a little Lemon pill salt let all these stew till tholy ^{^ being cloce couered} enough *then* serue it up in *the* same sauce ading some iuce of oring to it or some such thing as Lemon or graps or goosbureys to it, ffry some bacon Collops & lay round *the* dish with little ffrench loaues *the* tops being cut of & almost *the* crume taken dipt in cream & ffryed ~~them~~ ffill *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

page 173 || page 174

173

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* ffor *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 rubd throw a siue
to a pound of *them* mixt thes take 3 quarters of a pound ofe
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 S slices
..... in water & a little suger ^ & giue *them* a boyle to take of *the* candy
..... draine it ffrom *the* water befor you put

Oring wine

Take 6 Gallons of spring water 12^{tt} of *the*
best powder suger *the* whits of 4 eggs well
beaten boyle these 3^{q^{rts}} of an houre scume
it well *when* tis cold put in 6 spoondfulls of
alle yest & 6 spoondfulls 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 2^{pd} of good
suger boyle it an houre & scume it
well allow water ffor *the* boyling a way &
iust *when* tis enough put in *the* iuce & pills
of 2 Lemons *then* take it of *the* ffier & *when*
cold put to every Gallon a good spoonful
of Eyet & worke it 24 houres *then* tune pills
& al into a uessel ffit for it let it stand a fforth
night or 3 weeks in a coule place *then* bottle
it but dont corke it Cloce til it is setteled a
week or more *then* clear it into other bottles
to corke it close & keep it till ffite to drink
you may add more Lemons if you please

page 175 || page 176

The best Apricok wine

Geather *them* *when* they are ffull ripe

wipe *them* Clean & pick out al *the* spots & *the* stons & *the* stalks *then* quarter *them* & put *them* in a earthen pot with as much watter as will couer *them* & sune 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 reffind suger as *you think* conuenant to sweeten it *the* sweeter it tis *the* better it will keep let it stand cloce 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 thro a fflannell & bottle it *when* it has bine 6 or 8 days in bottles if not Clear rune it 3 or 4 tims more throw fflannel 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 ^{fflower} water or rose watter mix *them* & *your* Butter together with *the* yolks of 2 Eggs a little warm on *the* ffier & season it to *your* tast with suger *then* with a spoon put it thro 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* waight of it in double reffind suger put *them* together as ffor other Clear Caks & *when your* suger is throwly scalded put it into *your* Glasses & *when* ffite to turn take *them* out of *your* stone & let *them* Coule befor *then* turne *them* *then* 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 fflower or rose water doe it thro an orang Coulender or a squart with a mouse *thatt* is ffull of wholes or what you ffancy

The Egg Riall ~~not a good cream~~

Take 2^{pd} 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 beleiue 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

page 177 || page 178

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
together skim of *the* froath as it
rises so, put it in glaces or cups,

page 179 || page 180

page 181 || page 182

page 183 || page 184

page 185 || page 186

page 187 || page 188

page 189 || page 190

page 191 || page 192

page 193 || page 194

page 195 || page 196

page 197 || page 198

page 199 || page 200

page 201 || page 202

page 203 || page 204

page 205 || page 206

page 207 || page 208

page 209 || page 210

page 211 || page 212

page 213 || page 214

page 215 || page 216

page 217 || page 218

page 219 || page 220

page 221 || page 222

page 223 || page 224

page 225 || page 226

page 227 || page 228

page 229 || page 14

To Dresh mushroomes 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 Cloves 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
shred these very small severaly then work
all together with 4 or 5 yolks & boyle it
in a cabage leafe,

back inside cover || [page i]

A table of the receipts in this book,

1 A water for *the* uabers
of *the* mother & spleen,

2 my lady warricks sittron
water,
3 Lucantilus balsom for
woulds 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 chririty
20 to Make Gorges ^{plaster}
22 to make smaller
Rispice wine,
3 23 oyle of chrarty
to make yellow
salue

25 to make aqueadecredre
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 bloody
water,
31 to make white marmilate
pf quincis,
32 to make cracknells
33 to make one conseeue
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 ^{oulsore} sore
38 to make crame cheeses
39 for a consumption
40 to make spanish crame
40 to make sider
41 to make balme water
41 A good broth
42 Jelly 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 water
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 water
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 oyntment
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 taking of *the* scin Cleue *the* pigg ouer the back then cutt it in Ioynts, putt it into water & wach it clane, then putt it into a pipken 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 winter savery of each. halfe a handfull, minch these smale & putt 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 boyling boyl sum cabbage lettis dran *the* water clen from them,

page 2 || page 3

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* dich 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* Iuce 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 horss reddich with fench brad
in *the* bottom of *the* dish, this reeate 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 a boyling 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

page 4 || page 5

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
again, 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 stufing & sum
clriett wine & the yolks of 3 or 4 eggs with
3 or 4 anchoues dissouled, 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 surashers 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
uery 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,

page 6 || page 7

6

To pickell mushrums,

ffurst pare them & cutt the gratest of them
in pecis take good store of onyons & garlick
& cutt them small halfe a handfull of time
in one bondall & a handfull of parcily in an
other pondule & *the* stalks of onyons in another
boundle about 20 cloues beaten smale sume
Lemon pill & a grat quantity of salt halfe
a pint of wine & lett them boyle a quarter
of an houre or more if ther be a grater
quantity, then lett them boyle a littill longer
putt them clean from *the* licker, & putt
them in a pot close together & couer them with
vinger then take sum clous & strow it on
the top, stop it close vp that noe are gett in
these quantity of ingredants are to be putt
into a handfull of mushrums.

7

To pickell mushreams a better way

Take mushrams pare & cutt them
wash *the* lettills ones in water & salt
then take a pint of water but as
many mushrams as it will cover
& as much butter as *the* bignes of
a nutmuge, lett them boyle a quarter
of an hower, then lay them upon
a clane cloth till they be could,
pickill them with halfe white wine
& halfe vinecer; with a littill ging=
=er & holle peper, stop them close
& keepe them for your use,

page 8 || page 9

8

To dress mushrams my
Lord Digbys way,

Take musshrams pick them veyry well
wash them in salt & water 3 or 4 times
then drene them from *the* water & put
them into a cleane dish, sett them of
the fire & ther will come picke 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 sturgen,

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* lickquer it was
boyled in put them all to getther
into a pan giue them one boyle & lett
them stand till they be could, then
putt *your* sturgen into a close parrill
put *your* lickquer to it, keep it close
that your lickquer 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 rounp 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

page 10 || page 11

10)

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 first taken
of a littill clarrit wine hauing sum
oy nouns shred in it, 3 or 4 anchoues
desoulued, slices of french bread
in *the* bottom of the dish then lay
in *the* beef & squeue in a limmon
upon it

page 12 || page 13

12

To pickell smelts,

cut of there heads & oppen them
take out there gutts & wash them
very cleale, then take soum whit wine
vinecer 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 ~~øyion~~ onion or rob the bottom
of ^{the} dish with a little garlick, you must cut
the hearbs and onions small, put them i
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,

page 14 || page 229

To Dresh mushroomes hott

Take of the uper skine then put
them in a dish without water and
draw there water out with a small
fire a ^{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

shred these very small severaly then work
all together with 4 or 5 yolks & boyle it
in a cabage leafe,

back outside cover

[coat of arms]

spine

head

fore-edge

tail