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

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G. Heywood

Bideford

Devon

G Heywood

Bideford

Devon

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1

Culpepers dispensatory Powder for

the woorms

Take of wormseed 4 ounces, Senna An ounce

Coriander Seed, Prepared Hartshorn, of each

Half a dram, Rhubarb half An ounce,

dried Rew two drams, beat them into powder

about 15 grains is enough for A Child of 10

years ould, 12 for one younger,

My Lady Doyles Receipt for orrang iomballs

Take A Pound of fine flowr well dryd; then

put to it as much fine powder sugar, take

8 eggs, take out 4 of the whites, and when they

are well beat mix them with the flowr and

sugar, then put to it the Peel of an orrang

or Lemon Cvtt very smale, then beat it well

in A morter all the time the oven is heat=

=ing then drop them on clear Papor, either

flowrd or bvtterd so Bake them

mrs Bamfields Receipt for A Rupture

Take A quart of Aqua vita, to which Add

3 quarters of A Pound of deer suit: together

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=together with so many ash buds as you

can hold in both your hands att twice,

and the Like quantity of dasie roots with

their Leaves and flowrs one good handfull

of Cvmfery, and as much of solomons seal,

all these herbs must be made very Cleane

but not washed, and then these herbs and

deersuit must be shrid togeather, after=

=wards all must be put into An earthen

pott with the aqua vitta, which pott

is to be keept Close either with past or

with Clay, then putt it over A fier in

A pott of Clean watter, keep the pott=

=full and boyling from 6 a clock in the

morning till 6 at night then strein

it out and keep itt for your vse

A Choice Receipt for A Consumption

and other diseases, from D: mrs Parrott

Take of Sarsaperilla one ounce, of Saxaf=

=rees and Chiny root half an ovnce each

of hartshorn, Coriander seeds, Annis Seed,

Red Sanders and Liquorish; of each A=

=quarter of ann ovnce, boyle all these

together in A Close Pipking (or an

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an infusing pott, putt in 3 qvarts of watter,

to them and boyle it till A 3d part be cons=

=sumed, drink no other drink, and this all=

=wais warme, for A month purging gently

twice A week or as you find occassion

For An vlcer in the Leg or Elsewhere

Take a pennyworth of venus turpentine

and the yolk of A new Laid egg, stir it toge=

=ther vntill it be very well mixed, then

add to it wheat flower, and a little svt

of the kettle such A quantidy, as will make

it of a conuenint stiffmess, then spread

it on fine Lint, and aply it to the place

griued, put on it aplaister of mellilott to

keep it on, it must be dresed morning and

evening, Brobatem

A Good way to make meede

Take to every Galland of watter fouer

pound and a halfe of hony, and when it is

well melted, try whether it will bare

an egge, the Breadth of two pence, then

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4

then sett it on A fier to Boyle and

skim it Cleane, then take A quarter

of an ovnce of Cloves and mace, one

nvtmig sliced, one rase of ginger sliced,

and grose beatt the Cloves and mace

then put the spice in A thinn bag,

and pvt it in the meade, six tops of

sweet brier, six tops of rosmary and

three tops of sweet margarum, when

it is boiled straine it from all these

things and sett it thinn as you

would doe wort and when it is all

most quite Cold pvt it all into one

vesell and put A Littell barme with

A Little of the meade in A dish

and sett it in the meade and soe lett

it worke and the next day tvn it vp

into the barell, and stop it Close

when it has don working for it will

worke in the barell a Littell but tis

not good to haue it worke much, then

Lett it stand Abovt six weeks and then

Bottell it out and this will keepe A

yeare of more, if you would make

smale meade to drink quickley then

put, but fower pound of A galland of watter

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Mrs Lovets Cake

Take 4 Povnd of Cvrrence cleane picked

and washed, and abovt 4 Povnd more of

fine flower well dried, and mix the Curr=

=ence with the flower well togather drie

Abovt an ovnce of sweet spice one large

nutmig or 2 Little ones in it, the rest Clo=

=ves and mace, in all Abovt an ovnce and

strew into the flower and Cvrrence, and

make 2 Partitissans in it, then take A quart

of scald Cream and melt in it A pound of

fresh bvtter, then take the yolks of 12 eggs

and 2 whites beat them well and take A

pint of good ale east all most half a pint

of Canary sack mix the east eggs and sack

together, and strain it, so put into one

of the Partitions in the flower and the

Cream and bvtter more then blood warm

in the other so work it well together,

till it comes Clean from your hands, then

Lett it heave by the fier half an houre and

stand an houre in the oven or more if put

in a hoop, if not 3 parts of an hover, if you

slice Cittron or orang pill in it strew

it in as tis working vp together, Put a pound

of Reasons stoned if you would keep it

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6

mrs Rolles

=it Long Cvt the Reasons A Little

To ice it beat the white of an egg, well

with oring flower watter and a little

Ambergrees and thiken it vp to A past

with treble refined svgar finly

povnded and serched, so pvt it on the

Cake with A spone or fether ivst as

the Cake Comes out of the oven which

will melt it, set it in to dry it

A Good Reecipt for the kings Evill

Take about 4 or 5 handfulls of flvellen

shrid very small (it mvst be so mvch

affter tis shrid, and boyle it in a pound

of mvtten svit affter tis shred and

Pounded first ith the flvellen,

boyle the flvellen in the svit till

it is Crisp, so pvt it up in an earthen

pott for your vse to anoint the Place,

you mvst make A powder of the flve=

=llen, and giue as mvch to A Child as

will lye on 6 pence, once a day, or

you may steep some in drink or put

sum into a vessell of drink for your vse

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For dimness in the Sight, mrs Rolles of Heanton

Beat the white of A new Laid eff half A

An hovr with the flatt of A knife, then

pile vp the froth Like A Sugar

loaf as steep as you Can, so let it stand

6 hovrs, then take the iuce of dasie roots

and leavs well washed and picked, as mvch

as there is Cleare of the egg, and as mvch

virgien hony, of each A Like quantidy;

and mingle all well togeter and strein

it 3 times thro a fine Canvas streiner, so

drop it into the eys with A fether, morning

and evenings; you may do well to sleep

An hovr or 2 affter it

The Eye Salue

To one ounce of Lapis Caliminaris, take

2 ounces lapis tutia, burn the tutia in

fier, and quench it with plantain or

Rose watter 3 times, then pound it very

smale allso the Callin=minaris, and serce

it thro afine serce and mix it with Capons

grease, and anoynt the eyelids with it keeping

fast the eye

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The Copperas watter for the Eyes

Take as much as A Large nuttmeg of white

Copperas and pound it and put into A

quart of spring watter, so Lett it disolue

24 hours, stop it vp Close and kepe it for

your vse, tis good for aney hott Rumes: in

the eye drop it into the eye, and for

A perle you must pound white sugar

Candy and serce it very fine as flower,

and so blow it thro a quill into the

Eye 2 or 3 times A day

The powder of hawthorns or hagles

Burys is good for the Stone, allso is sampier

watter

A Posett for the stone or Chollick

Turn A posett with white wine and boyle

in it, of parsley Roots, and fennill Roots: Each

A handfull, taking out the peth of them

allso A handfull of pillitory of the wall,

and A handfull of philipendella, and

half A pound of Reasons of the sun stoned,

and some broad figs,

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A drink to Preuent and Likewise to Cure

The Plague

Take 3 pints of mallagoe sack or for want

of ^ it good, muskadine, boile therein one han

=full of sage, one handfull of Rew, A Little

shrid, till one pinte be wasted then straine

it, and set ouer the fire again puting there

to; one the 3d part of an ounce of Long Pepp=

=er the like of ginger, A quarter of an ounce

of nutmegs all beaten together, then lett

it boile agen a little, this done dissolue

in A=quarter of A pinte of strong Ang=

=ollicoe watter, or aquauite, on ounce of

methradate, a quarter or an ounce of

venis treacle, and two peniworth, trakle

And mingle them all together, and keep

them in A glass Close stoped, take it war=

=me both mornings and euenings if you be

Already infected, if not once a day is suff=

=icient all the plague time take 2 or 3 or 4

Spoonfulls of it, and trust to this recept

saith the auther for there was neuer man

woman nor Chilod deceaued with this drink

if the Heart wear:not mortafied befor, it is

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is good alsoe for the small pox meassels

surfits and diuers other disseaes

10

For the Bitt of A mad dog,

Take A quantity of veruaine, so much

Rew, so much plantaine, to sum treakel

stamp all these together with good wine

or strong Ale, and giue it to him that

is bitten to drink, also take the Afore=

said herbs with treakle, and bay salt

And stamp them well togeth and

bind it fast to the place bitten, and it

will draw out the venum, this

drink must be taken twice or three

times and the medicene in the like Cause

As ofen aplied, B Dr wood

A most pretious watter

Take gallingall, Cloues, quisb ^ quibibis ginger,

milillot, Cardimonum, mace nutmegs,

of each A dram, and mingle all these,

made into fine pouder with 8 ounces

of the iuce of sallendine with A pinte

of A quantity and 3 pints of good white

wine and put all these into A still

=atory of glase, still it with an easy fire,=

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The vertues of this watter

This watter is of soe secret a nature as it

dissolueth the Longues without aney greiuance

And the same Longues being wounded and

Perisheth it mightily comforteth, it: suffereth not the blood

to putrifie, soe that almost one shall not need

to be let blood, this watter suffereth not the

Heart to be brent, not malencholy, not phl=

=eame to be lift vp to haue dominion Aboue

nature, it exples rume mightily, and comforts the

stomack marvuelously, it conceiveth youth, in

its own estate, and engendreth A good Coller &

keepeth and Comforteth the memorie, and dis=

=troyeth the palsey, and if the same watter,

Artifitiall there is none better, in sumer, vse

it once A week fasting, two spoonfulls and

fast 2 houers after, probatom,

To draw out A thorne

Take the barke of A hautherne, and stamp it

and boile it in Red wine and Lay it to the

sore as hot as you Can suffer it probatum

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An Excelent medicine to bring Away

the stone in A violent fitt

Take A Handfull of the Cloues of garlick

boile them till they be Like A pultis then

Aplye it as hot as you can well suffer it,

Take of prapared woodlice 2 drams, red

corall prepaed and made ^ fine piney roots, of

each one drame, salt of Amber one scruple

with a sufficent quantity of ballsamick

syrup; make 10 pills of a drame; take 4

Euery morning and drink after them

half A pinte of Asses milke and att fiue

of the Clock in the afternoone, and drink

after them A draught of the following

diett drink

Take China root 2 ounces, Larzaparilla 6

ounces, sage leaues, ground piney, ground

iuey, of each 2 handfulls, yellow sanders

6 drames, rosemary stalks 2 ounces; rosemary

flowers and Arabian staches of each two

pugills, Corinder and sweet fennell seed of

each half an ounce, infuse them 16 houres

in ten pintes of fair watter, and boile

them to 6, att the Latter end of boiling: add

one ounce of Liquorish. Cut in thin slices

strain it through A fine Cloth and drink

itt as your ordinary drinke

Aproued on by me F: w: att Hinnam

1689.

this receipt ffor a rumatisme by Dr starr

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for a Coff or rume

Take 2 ounces of the pulpe of Reasons of the

sunne, 2 ounces of Consarue of Roses 2 ounces

of Surrup of viletts, one ounce of white

shugar Candy, 4 dropes of spirit of svlfer

so mix it and take 3 times A day the bignes

of A nuttmeg

A Fattening Broeth

Take a knvccle of veale and A Chick wash

them and put them into A pipking with as

mvch watter as will couer them, as it boiles

scvm it Clean, then putt in a good handfull

of hearts horn a handfull of maiden hear

A quarter of an ounce of China roots sliced

thine, A hansome quantity of french bar=

=ly a good quantity of Liquorish scrapt or

boile all thes together 8 houers but not fast

till it Comes to 3 pints then bruse the meat

and strain it through A siue and so pvtt it

into a gally pott, drinke of it halfe apinte

in A morning and as much att 4 a Clock in

the afternoone and as mvch when you goe

to bed

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Plaisters For A Cold mrs Langlys

Take A peece of scarlett stuff cut in the

shape of a stomager spread it with this mixt

2 penyworth of orring flower, butter, the

like of methridate spirit of saforn, spirit

of Cloues, and spirit of mint, as much as

you think fitt spraed all on the Cloth

and putt it to your stomack

For fine biskitts

Take A pound of duble refined svger

finely poudred and search it take 12 new

Laid eggs and beat them in an earthen pan

keep back 8 of the whits, and beat the

whits a Little together then put in your

pound of sugar, and 3 spounfulls of rose

watter, 3 blades of mase finely shred

with a knife; beat these together on

houer, then drey 3 quarters of a pound

of fine flower and put it into it as

tis going into the ouen stir it together ^ half an Houer

And halfe (your plates with A Little butter=

=ed) put one spunfull vpon every plate

set them into the ouen a quarter of an

houer will bake them then take them

out of the ouen and take them of the plates

about half an houer, sett them in againe to

dray, and let them stand on ouer baken

keep them in A dry plase.

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The Lady Allins watter from Dett How

Take of leaues of rosemary, Ru Rue, balm

Cardus, Scordium, marigoolds, with thier flowers

dragons, goats, rve, mint of each 2 handfulls, the

Roots of piony Angelica, masterwort, scorzonera

or sea holly, of each 4 ounces, virginia snake

roots being cutt and shr on ounce, of saffron

half an ounce, the hearbs, and roots being

Cutt and sliced, power on them 2 gallons of

Rain watter, and one gallon of the best bra=

=ndy, Infuse them 12 hours and distill them

with an easie fier, to each pint of the

distill liquor put one ounce and half

duble refined svgar

A Mallows Pultis mrs Rolle

Mallows boiled in milk and thickned with

flower moistned with oyle of elder or roses,

very good for A sore brest if broke, and

the led plaister to desolve it if not broke

I'm tould that the sea Holly is iringo roots

Lady Christiane Rolles Snaile watter

Take 300 of great house snailes as you

bruse them throw them into a basin of faire

watter and so lett them purge a quarter of

an houre, then Chaing them into A fresh

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fresh basin of faire watter once or twice

till all the frothy slime be gon, then take

4 quarts of red cows milk and put thear=

=in a Large handfull of speare mint well

washed, and lett it boile once vp, then put

in your snailes shels on, and lett it boile

once more then put it all into a Cold

still, and distill it with A gentle fiere,

when tiss stilled sweetn it with brown

sugar Candy to your own Liking. the

the patient must take 4 spoonfulls

about 4 in the affternoon, 4 att night

going to bed, and 4 in the morning when

they Awake

Buttermilk watter to wash the face

take half A peck of house snailes,

Half A peck of bean blosomes, half an

ounce of white svgar Candy, half A=

=pound of Reasons of the Svn stoned

3 quarts of butter milke, pound all these

severally and put it to the butter:milk and

still it in A Cold still, taking of the head

And sturing it often, it must not bue

burne you may still 2 quarts befor

it be too dry

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Svrfett watter, Good allso for Colds Mrs Kendalls

Take 4 Gallons of nance Brandy, put to it A

Bushell of the flowers of Red poppys, and Lett them

Lye in it 2 or 3 days then strain it out, and put

to Every gallon, A pound of broad figgs, two ounces

of Annisseeds, two ounces of Cardimvms, and 3 ounces

of Liquorish, brvsing the seeds, it must be pvtt

into A smalle vessell to enfuse, two monthes,

Stoped Close, shaking it twice A day then streine

it out, thear mvst allso be A shillings worth of

Safforne added to the other ingredients, 6 spoo=

=nfulls is enough for A man or woman in A extre=

=me Cold, with sume venice treackle about the

Bigness of A beane,

For A Scald

Take hen dvng and boile it in fresh butter and

Anoint the ssore, if bladered pvtt hearts tonguvs

Leaues on it

To Stope bleeding

Take Hogs dvng hott and pvtt att the top of the

nose between the eyes,

A present Remidy for the Collick

A saack glister with mitheridate in itt

A Prisent Remiedy for A Squinsy

Take the dust of A sword grinders forge and

pvtt it on a cloth pritty thick so aply it to the

throat,

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The Receipt for the Riccotts

Take Speedwell, Liverwort, dandilyon, hearts

=tongve leaves, of each A handfull, Pennyra=

=yall half A handfull; strawbery and violett

Leaues of each two aquarter of A pound; 2 or 3

pints of strong Leaves of Lovage, boyle all

these in 3 Pints of strong Ale, vntell one

pint is Consumed, straine it, and sweetten it

with svgar of Candy, the Child mvst take

4 or 5 spoonfulls morning and affternoon

or more according as it purges, which must

be 2 or 3 times A day

The oyntment

Take the Like quantity of these hearbs with

Red Sage and fennell 3 springs and boyle

them in fresh butter, anoynt the back

and joynts downwards

For A Rvmatismes or Soar Eyes of aney

other Scurbutak humour

Take from of your millipeides or sowlice,

to 60: increasing one at A time, morning and

affertnoon, alliue in Rost Aple or Surip,

and from 60 to 7 again, decreasing one att

A time probatem

A good Recept for the Seceetick

The marow of the stone horses bones,

melted vp and Anoint the Place

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the drink for A Coff

Take a handfull of Cvp moss, of an oake

pale, or tree, a handfull of the tops of Rosma=

=rey, half an ounce of Liquoris sliced, boyle

all these in spring watter from 3 pintts

to a quart, straine it and sweeten it

with sugar Candy, 2 spoonfulls att A time

4 or 5 times A day,

For A Coff

A tee made of mother time mrs Chickisters,

A Good wash

Find A Root of brioney, scoop ovtt the inside,

and stape it Close and in some days yould

find A watter, which is good for A monfie

in the face, white anquintom with Cam=

=fier in it for A tetter and A Cordiall at

night the same time you vse it

A Receipt of A Sylabub

The iuce of 3 Lemons, and 5 or 6 spoonfulls of

Cannary, A quarter of a pound of Loaf sugar

And 4 or 5 grains of ambergeece and mvsk powd=

=red very smale, one nutmeg grated, mix all these

together in A bason, sett on the grownd, then take

A quart or 3 pints of raw Cream and pvt it into

A yewer, and stand on A table, and so power it down

into the bason, after you haue don this you mvst

beat it as you do snow, and as the bubles rise you

mvst take them of into the dish you serve them in

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A Good Remedy for the Choleik, or Gripes

when Svdently taken

Take A handfull of sweet maioram pound

it and strein it into warm Ale and drink it

as hott as you Can and Lye in bed an hour

After it, very warme Couerd and it will giue

ease in A short time,

An admirable Receipt for the stone

or any stopedg in the watter

Take Green Sampier still it in A Cold

still, and drink the watter of it, as offt as

thear is Accassion

To Coller Pig,

Bone it and lett it lye in watter and salt

12 hours then, role it vp hard, strwing

sweet spice finly beaten; and boyle it in

A Cloth pvt some milk in the boyling it

and when tis boyld A enough, put it hott into

some whea and lett it lye 2 days then pvtt

into such pickle as you vse for brawn, you

may pvtt marioram, lemon time, and parsley

Cvtt small with your spice

To make Corant wine

w when your Corance befull ripe bruse them

and to every gallon pvtt 3 pints of watter then

stur it together lett it stand all night and

prese them, to every gallon of liquor ad 2li

of sugar and then pvtt it into a vessell and

lett it worke till it giues ouer yest a peaper

and pvtt vpon it for aweek and then stop it

vp very Close, lett it stand 3 months if Clear then

bottle it, pvtt a knobe of sugar in euery bottle, so

you may make goosbery wine, pvting 3li sugar to a gallon

To make rasbery wine

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Morrella wine

Lett your Cherrys be very Ripe, and pvtt them

into A bage prese them well but not brack

the stoones, to every gallon of iuce pvtt 2 pound

and a halfe of svgar then pvtt it into the vesell

and let it stand 4 or 5 days, then stop it vp, and

lett it stand 2 or 3 month; then bottle it out and

pvtt into every bottle a little peise of lofe sugar

Aprecocke wine

Take A pound and halfe of loafe suar, 3 pintts of

watter put these ouear the fier till they boyle

scume it clean then take 3 pound of aprecocks

peared and stooned pvtt them into the licker

and lett them boyle till thay ar tender then

take out the aprecockes and them dry them

and when, your liquor ^ is cold pvtt itt into a vesell

and stop it vp if you pvtt A sprige of flowered

Clarry into it and Caus it to boyle once after

you haue taken out your fruet it giues it A

Pretty flauor when it is Clear bottle it

To make A white pott

Take 7 eggs whittes and all, and beat well

with a little milk and half a spoonfull of

flower and nutmeg grated, then pvtt it

into new milk in your dish, with halfe

A dosen bitts of fresh butter and lett it

bake halfe an hovr

A Receipt to make Rose of Solis, mrs beauis

Take one pound of rose of solis, 2 quarts of

sherry halfe a pints of cloue watter, one pint

of annyseeds watter, cloues anniseeds=

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22 a a

anniseed, cinnaman of each A quarter of an

ounce of Carraway seeds and Coriander of

each an ounce distill it in A Cold still

And add to each quart of Liquor A

quarter of A pound of dvble refined svgar

The melancholly watter good for

trembling of the Heart

Take A handfull of baum, a handfull of

rosmrey blosam, (or the tops) A handfull

of burrige, A handfull of buglass, A

handfull of marygoolds, the flowers

of each, and A handfull of hearts

ease flowers, or paneys, 3 penyworth

of saffron, lett it lye all night in 2

quarts of Claritt, so distill it in A

Colld still, putt treble refined svgar

in the botteles; to sweeten it to your

tast, then add some of the veluett

heads of the bucks, if in season Chop=

=ed in bitts with A bottle of ould

Mallagoe sacke

For A Burn of Scald

Take one pint of sweet oyle, 5 heads

of house lecks pound them, and strein out

the ivce, pvt into inter the iuce in to one ounce

of bees wax half an ounce of burnt allam

pvtt it into A new pipkin and lett it

simer ouer a slow fier halfe an hour,

then beat it well together till it be

Cold, then keep it Close stoped for you use

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vse the longer it is keept. the better it will be,

spread the salue on thin phyl:tery paper be sure

no linnen comes to the soar, the offtener you aply

it to the ^ soar better, you must wash the soar once

A day with milk and butter warme,

The Receipt for A Consumptive Coff, mrs haines

Take of time, rosmaery, hysop, orgns, Coltsfoot

and bittoney of each one handfull, of hartshorn

and french barley of each one ounce a peny=

worth of inglish liquorish, a penyworth of

Broad figs, A quarter of a pound of reasones

of the son stoned, 6 pipkins; boyle all these

in 6 quarts of runing watter, till half be con=

=sumed, strein it, add to it a quarter of a pound

of brown sugar Candy, 3 penyworth of the oyle

of anniseeds, drink of it A quarter of a pintt

every morning and evening blood warm

To make iumballs, mrs hains

Take two pound of fine flower, A pound

and half of good shugar, both dried in an

ouen, the shugar must be made very fine,

6 eggs but the whittes of 3 of them, 6 spoonfulls

of thick Creame, and as much rose watter or

orrange flower watter, the quantity of an egge

of sweet butter, mingle these together to stiff

past, work it a broad & put in either caraway or

coriander seeds, musk or ambergreese & make them, into

into roles & put on papers well flowrd, & bake

them after the first heat of the ouen is gon

or affter you haue baked bread

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a receipt for the pitisick or shortness of

Breath called otherwise an Astmah=tik Lady Putnam

Take

Take of mayden hysop, mayden hair and

organ, of Each one handfull, or raysons

of the sun stoed, a quarter of a pound of

saffron, lycoreish Anniseeds of Each one

penyworth, boyle all these in an Ale

quarte of fair watter vntill halfe

is Consumed, then streyne it out and

sweeten it with brown sugar Candy,

A Good Receipt for a perle of fl'm in

the Eye

Take the white of Hens dung picked

very Carfully of from the other part, it

will Com to A fine powder, then mix it

with white Sugar Candy made into fine

powder, and blow it into the Eye, it will

take of the perle in A short time, mrs Chichesters

To Dry Cherrys

Take cherrys and stone them, and keep

the Liquor of them, and put them into

A skillett with out watter, to twenty pound

of Cherrys put to pound of sugar and soe heat

them, but not boile them, this done put

them into an ouen, on A siue and dry them

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To make Red Pouder mrs Rolle : Hanten

Take Take A quart of whit wine, and half A=

=handfull of each of these Herbs, Rosmary,

Baum, woormwood, meegwort, Cardus dragons,

southernwood, Rue, Cammomill, Scabious, Sena=

=cle, bittony, Hartstongue, wild=Sage, time,

Burdock roots, Louage, Ladys thistle, salendin,

wallflower leaus, or single harts ease, mint,

penyroyle, tamarik, burrige, Angelicoe,

Cow flops or finger Dock, blouth, Red netles,

brooklime, boys loue, fetherfew, Chop these

very smale and steep in the wine 3 days,

Close Couerd, then press out the iuice very

dry and bottle itt vp, then take A pound

of fine bold Allmanack and put itt into

A broad basin, and wett it with the iuice

as thick as pap, so sett it in the sun, stiring

it 3 times a day, and as it drys put in more

Liquor, till itt is all vsed, then mingle all these

things following on A sheet of paper or A

pye plate; 2 ounces of London treacle, 2 ounces

of diescordum, 2 ounces of metheradate, 4

ounces ^ of all cermis, 2 ounces of the black tips of

of Crabs Claws, finly pouderd, 2 drams of

snakroot, one dram of orientiall bezor,

one dram of Corill, one dram of whitt

amber, all in fine pouder, so mix it in=

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in the Basin mingled well together with

A spoon, then sett it in the sun to dry, and

when it will make vp into balls or Caks,

Rub your hand with bole allmanack and

Put it on A sheet of tin or Paper, sifting

some of the bole allmanack on it then put

it into A stoue to dry, keep it in A dry place,

it will not scrape into pouder as other dos,

But slice it out, it must be made in may,

you may add A quarter of A handfull of

Countrearua root , to this Receip in the first mix=

=ture, this pouder is good in the smale pox,

milignant feuors, or any other, or great

Colds, or when any humour stricks in, or

for an ague, 20 grains is Enough for A man

or woman, and Less for younger, it must

be took in some of these watters, Baum,

dragon, Cardus or Angelicoe, so sweet on itt

My Lady Kents Powder

Take of whitt e amber, Perl, Red Corrill,

Crabs Eys, and Heartshorn, all Rightly

prepared in fine powder, one ounce of

each, the black tips of Crabs Claws when=

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when the sun is in Cancer, fiue ounces

in fine powder, the trachies of vipers, A=

=quarter of an ounce, safron 20 grains, of

Countrearua and Serpentain roots of Each

A quarter of an ounce in fine powder, of

orientall beazer: 2 drams in powder, then

mix all these powders well together and

make it up in balls or Cakes, with a gelly

made with the skins of vipers, on Angelicoe

dragon or Cardus watters, this powders will

keep its vertue 40 years, giue to A man or

woman 26 grains, to A Child 16, it is good

in all feuors smale pox, or measells, sweat

As Long as you think fitt affter it itt may

be taken in Child beds

A Receipt for A Pluresce mrs Rolle

Take A smale handfull of green Broom, boyle

it in a quart of Ale, till it Coms to A pint

then strein it and add to it A penyworth of

metheradate and the Like of diascordum, dis=

=olue d in it, and giue as hott as it Can be took

and sweat well after it, giue halfe one day

and half the next day, if A Child halfe the quantity

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To Dry Apricocks

Take A pound of apricocks and put them

into A skillett of watter vntill they

boyle, after they are skined, put them

into the watter againe till they are

very soft then take A pint of watter

to a pound of shugar, sett it ouer the

fier till it be very hott but not boyle;

then put in your Apricoks into this

surip and heat them twice A day morni=

=ng and euening till they Candy at the

tope, then put them into the A stoue to dry

To Dry Cherrys

Take Cherrys and stone them and keep

the liquor of them and then put them

into A skillett with out watter, to 20

pound of Cherrys, put 2 pound of shgar

and soe heat them, but ^ not boyle them, this

done put them into A stoue to dry

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A Receipt to make Ebellum

Take A bushell of Elder berrys full ripe

pick them Cleane from the stems, two one

Hogshed of ale, you may make your Ale

so strong as you please, take of nutmegs,

Cloues, mace, and ginger 4d ounces , pound them

and if you please you may put halfe

A pound of iunipar berrys, half pound=

=ed, put in this ingreedients with your

hops which must be no more then vsual

you put in your Plain Ale, Boyle them

A full houre then straine it throw A

fine strainar and very drey, and afterwa=

=rds for working and tuning order it as you

doe your other Ale when it is fine, before

it is stale bottell it which is vsually a litt=

=ell before Crismass, after you haue brew=

=ed A hogshed of strong you may of the

same malt brew A hogshed of small, vsing

the forementioned ingredients and order

it according

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To Preserue damsons

Take a pound of damsons, and a pound of

sugar, put allmost half the shugar into

the botton of A preseruing pan, then set

your damsons there on, one by one, and put

the Rest of the shugar on them, then put

4 spoonfulls ^ of watter on the shugar, In the afternoon

set them ouer a few hott Embers, Renewing

your Embers 2 or 3 times before night, and

moue your sugar once with your finger from

the bottom the Bottom pan, unless it burne

to the bottom, so Lett them stand, till next

morning, then boyle them softly about

An hour, till you preceue the surip to

be ielly then take them vp in A pursline

or A Chiny dish and when they are Cold

Put them up in glaces with your surip

A Receipt for a surfit Loossnes or vomiting

Take A pint of whit wine or in Case none

to be had sider, A pint of faire watter boyl

in it 5 tops of Rue, A handfull of Red Sage

being A Littell Cut, boyl it till halfe be

wasted, then stain it and sweeten it with

syrup of illy flowers or Loofe sugar, Lett=

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= Lett the party drink halfe of it going to bed

as hott as itt Can be tooke and swet a Little, the

other part take the next morning, but not

swet, if one making dos not stop it make it

2 or 3 times, this has done good for A flux

and vomiting offten times when it has been

Apon them A Longtime,

An Excellent Cure for inward bleeding

Take 3 quarters of A pint of black cows

milk, desolue in it: 4: or : 5 good spoonfull of

the iues of Red nettells and A good spoon=

=full of sugar of Rosis, so drink it for 3

weeks or A month Euery morning fasting

and 3 times in A week take the bignis of

A nutmeg of Luckentellus balsome going

to Bed

To make Pille Rufey

Take of aloes 2 ounces, mynt one ounce;

safron halfe an ounce, all in fine powd=

=er mix them well together and put it in

A brass or stone morter and put to it

about 2 spoonfulls of syrup of lemons

or the iues and mingle it with the pes=

=ell till it is Like past, so take it out

and put it into a pees of A blader so=

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=so worth it Close till noe hole in it if

you make this quantity at once deuide

it in 2 beaus bladers that the vertue

may not lost when opend, if 2 spoonfulls

of iues or syrup dos not make it thin

Enuf put in as you think fit but be=

=Carfull it be not to soft but as stif as

new pills so ty t very Close vp and put

it in Papers

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33 A very Good Purging porcion for

Scuruy or any Swellings or breking

out

Take of the best Ruborb halfe an ounce

of tamarinds 2 drams, salt of tartar

one drame infuse it the Ruburb being

Slist thin in halfe A pint of whit=

=wine Close stopt on hot Embers one

night, then streain it and add to

it 2 ounces of syrup of damiske

Roses so giue it to drink it being A

Little warm, and take broth posseet

or gruall in the working, keep your

selfe warme

A Purging drink for Any pains in the

Head or Stomik

Put into 3 pints of spring watter a pees

of Rubord as big as A french nut being

slist thine, A handfull of resons of

the sun stond, A pees of Liqurish as

big as A french nut your finger and

twis as Long Sliced thine, a spoonfull

of anyseeds brused, A root of march

malows if you can haue it, scrap and

slies it, Let all boyl together the space

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34

=space of A quarter of an houer or

A Little more, then take it of and ade

to it as much Senney as you Can grasp

in one hand, Lett it boyl vp once or twis

then strain it out, and sweeten it with

the brownest shugar, or syrup of roses

and drops into it 4 or 5 drops of spirit

of vitroll soe bottle it vp Close, And

giue to A boy or girle 4 or 5 spoon=

=fulls A Little warmed mornings fast=

=ing for A week, or ten days together,

if that quantity dont giue 4 or 5 stools

A day, giue A Little more, if for men

or wimen, giue as much more, affter

all is took giue them a Little vinas =

=treckell in A Spoonfull of malago

sack going to bed

A Purge for Scabed bodys pain in the

guts, Scuruy, Sweld or runing legs, or Els whera

For A strong man giue 4 score grains

of the powder of jolup, and as much powder

of ginger as will ly on sixpenc, which

keeps it from griping take it in A spoon=

full of poset or gruall keep uery

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35

=very warm and drink som in the working

giue it once a week, if very much humer,

or Elce, one or two days in a week for 2

month as they are able to bear it, if A

woman but 3 score grains, for A boy or

garle of 12 or 14 years old, 40 grains for

younger, 20 grains, put a little ginger allways

with it, and for sore and runing humers

and the scuruy let this be your Constant

drink, put A pound of yalow dock roots

scrapt Clene and Sliest in 3 glon's Gallons of bear

after it has don working in the barill,

at 4 days old drink it and no othear, it

ought to giue 2 or 3 motions A day, it sweet=

=ens the bloud

The Bitter draught mrs Rolle

Take of Sena 2 drams inetion roots 2 drams

Cardus, Centiry tops Egrimony, of Each, half

a hndfull, and 2 spoonfulls of Camomill=

=flowrs, Infse Infuse these 24 hours in 2 quarts

of table beer and ^ one of Ale in warm in warm =Embers

strien it out and drink of it fasting in

the morning, and at 4 in the affternoon A

quarter of a pint, for men or women add

a duble quandity of euery thing

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An admerall Reecipt for the kings

Euill

Take the herbe called herbe Robert, and

smalidge smaldig ^ or march, Elder Leuas, fumitory,

dead mans hand, dry them all by them

seelues, keep it in powder Each by it self

then mingle an Eqall quantidy of each

and put 2 spoonfulls of it in A quart

of Ale and boyle it till a 3d part be was=

=ted then lett the party drink it at 4

times, once A day: it will purg them; then

Rest A fortnight, so take it againe, so do

this offten till the party is cured, this has

don good when all other midicens has faild,

and persons giuen ouer, tis good in all sharp

humours or salt, if Childreen A less quantidy

only so much of the Liquer as will purge

them 3 or 4 times a day, the herbes must

be quicck dried in an ouen

A Receipt for the Cholick

vomitt the party with Cardus positt, 10 quarts

or as much as their strength will allow

and the last draught to be alittle war=

=mer then the rest, which if it dos not

Cause A stoole then giue A glister,

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Purging Elexer of Petters Tintre, Doctor Lower

Take of the best Senna 5 ounces, Rhuburbe

one ounce, Rootts of Elicompaine, Liquorish

anniseeds, Coriander seeds, saw dust of Lignam=

=uita; of each 2 ounces; raisons of the sun

stoned A pound and halfe, slice the rhuburbe

Elicaompaine and Liquorish very thin, beat the

seeds grosly, mix all the ingridients to gether

put them in A glass vesell of A suifficent big=

=ness and powr to it 3 quarts of aquauita, so

stir it to gether, and stop the glass very Close

and shake it once a day for A fortnight then

strein of the tinture into A quart bottles

stoping it very close for your vse, the ver=

tues are printed in petters book, but it is

good in all Chollicks, or scowering and vomitt

=ing, 5 ir 6 spoonfullos, according to the bigniss

of the Child or man, press it out as dry as

you Can, How to make your aquavity,

distill your cider or lees in a limbeck or A

woorm, take the strongest of that and distill

it again with aniseeds

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Peach Stones Powderd

Is very good taken About as much as Leis

on A Shilling, for aney Stitches or pains

in their Limbs offten Repetted in a day

if the pain dos not Remoue

A Reecipt for the vapors

Cut A pigepm om two peeces iust as tis

killed ....................................... place

it will draw ........... allso

a plaister to the belly of barrill pitch,

A Reecipt For Any Ague

Take the quantity of A nutmeg of veneis treaklell

the same of metradat, the same of diascordum

mix it well together and deuide it into 3

parts and take one parte of it an hour

before the fit Coms, and go to bed and

sweet for an houre or 2 so take the

other 2 parts before the fit in the same

maner as the furst, taking but one part

at a time be shouer to take it in time before

the fit Coms and be in A swet, this has

Cured maney

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To fetch out any fier or scall in the Eye

Take the white of a new Laid Egg and beat

it till it Coms to a pure oyl, then to Euery

spoonfull of oyl, ade one spoonfull of meat

oyl, one spoonfull of huney so mix it well

together scrape some fine Lint and dip in

it so Lay it all ouer the Eye Chaing it 3 or 4

A day bind it on fast

For Any great bruse or blow in the Eye

Boyl some Camamill in faire watter till

it is very tender then wring it dry and bind

it to the Eye Chaing it ones A day, for want

of Camamill allum poset Crud will doe as well

For the Griping in the Gutts

Take A new Laid Egg and open the top

and put out all the whit as Clene as you

Can, then, fill vp the Egg with brandy and

mix it together and Lett the party sup it

all vp and Ly down on the bed and Couerd

vp warme,

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To make mead, Lady westmorland

Take 6 gallons of watter and sweeteen

it with good fine hony till it be very

sweet to your tast, then put into it A

handfull of sweet bryer topps, halfe

an ounce of Cinamon 3 nutmegs quartered,

and A handfull of Rosemary or the flowers

boyle this togeather vntill the scum rise

and the things giue a good tast, then set

it by the to Cooles and when it is quite Could,

put A Little barm to it, so Lett it stand till

the next day then run it thorough a fine

seiue and tun it vp and Let it stand A

fortnight before it be bottled if you Can

gitt oringe flowers put ahandfull in with

the other things or oringe flower watter

A Glister good in A fitt of the Stone

Take of mallow Leaues, Camamell flowers

one handfull, of Caraway seeds, fennell seed

bruised of each one ounce, boyl these in A

quart of watter till it Coms to A pint, then

straine out a pint of the decoction and

add to it an ounce and half of venice =

=turpentine dissolued with the yolke of

an Egg, Surup of violatts 2 ounces, of Lenitiue

Electuary and A Spoonfull of oyl of scor=

pions and A spoonfull of Course Sugar mix

all for a glyster to be vsed once or twice

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twice in A day if need require it, dissolue

the turpentine thus, put the yolke of the egg

into a stone morter put the turpentine in vpon

the yolke stirr them both about with the

pessle till they are incorporated, to this put

in the syrup of viletts and stir it till they in=

=corporate then put in the Electuary and after

they are stired well together then put in the

oyle of Scorpions, and stir them again, lastly

put in the shugar and then put in the pint

of decoction, and when all is well stired it is

fit for vse

A Surip for A consumption to preserue the

Longs and heale them if vnsound

Take Coltsfoot, maidenhair, Liuerwort, Cen=

=tery, heartstongue, Lungwort, spleenwort,

of Euery one of these a good handfull, and

allmost a handfull of Ellecompane roots

thin scliced, mary goold flowers, Couslip

flowers, borage and buglass flowers, of Euery

one of these half a handfull A Little Liquor=

=ish thin sliced: 2 spoonfulls of anisseeds, A

good handfull of reasons of the sun stond,

half as many figs sclic'd, put all these into

a gallon of watter in A pipken, lett them stand

all night vpon the Embers; in the morning

sett it vpon A soft fier Close?e Couerd, vntill

one 3d be boyld away, then strein it thro

a thick Cloth and lett it setle, and do it so

2 or 3 times, then power it from the =

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=the settling And put to it half a pint

of Hysop watter and A quarter of a pint

of the iuce of backed turnips, then put

A pound of sugar to a pint of liquor, then

boyle it vp to aprity high surip, take A

spoonfull of it first in A morning and

last at night

To make the plague watter

Take Pillitory, Scabious, Tormentill, Fetherfew,

Mugwort, Plaintin, Saxifrage, Solloman saile,

Phillipendulla; woormwood, veruin, Deall

Dill; Eye bright, plaguewort, sage of Ieru=

=salame Red ffenell, English madder, Ladys=

=mantell, Rue, vnsett hisopp, Peny=royall,

Cardus Dragon, Angelico, Red Sage, mild Sage

broad time, sweet maioram, Rosmary, German=

=der, Succory Endiue, fum fumottory, Bettony, saint=

=iohns wort, Egrimony, wood sorill, hartstong=

eaues, liuerwort horseredish, Red mints, balm,

borrage, speedwell, pempernell, wintor sauo=

=ry, Buglop, Red popys, Colts foot, half a hand=

=full of wormwood, and Rose of Solis, you

are to take a pound of Each, sort of these

Except the wormwood, and put them into

10 gaallons of sack, and 10 gallons of whit=

wine

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=whit wine

43

And brew A bushell and half of Barly malt, and

take the crop out of it and put ono hopps in it,

nor boyl it, but as it first runs down, so you

must lett it Cool and work it away and when

it is well wrought cutt the herbs not very

smale, and put all together, and when it has

stood 5 days couered vp Close with an ounce

of cloues and half a quarter of A pound of an=

=niseeds put in brused when it is working, so

distill it for your vse

Doctor Steuen s watter

Take Gingar Gallengall, Cinimam, nutmegs,

Cloues, annisseeds, fennell seeds Caraway seed,

of each of these 2 drams, take sage, mint

rosmary, Camomill, maioram, and Lauender,

of each an handfull, beat the spice smale

and bruse the hearbs smale, then putle

all into a Gallon of Red wine and Lett

them Infuse at night stir them offten

And shake them still them in a limbick

then sett it in the sun for a month, A=

spoonfull at a time taken offten

it is good for Every thing

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For the Eys Mrs Pointinton

Take the Iuce of House Leek, put it

into an Egg shell make A hole in the top

of the shell so lett out all the Egg then

put in the Iuce and then sett it in

the hot Embers till it boyl vp then take

it of and strein it into A cup and lett

it stand till it is Cold, then put it into

A bottle for your vse, it will not keep

aboue A week or 10 days good

For the fondiments going out

Take a bottell of Red wine, boyl in it

Plantin, ribwort, knot gras, Brus A=

=pastoris, of Each one handfull, let them

boyl well to gether the consuming all most

the watter; that don, put in as much of

Smith watter, and let them boyle again

vntill the consuming the 3d part, with A=

handfull of cunfrey, with as moch of the

rine of pomgranit, and 1 ounce of boyl armin=

=nack then Strein them from the rest

and bathe the part with it, and put it

vp with warm Clothes,

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Lord Pembrooks Balsam

Take one pound of venus turpentine,

3 pints of the best salad oyle, half a pou=

=nd of Liquod storax half a pound of bees=

=wax half a pint of saint iohns wort, 4 ounces

of the best naturall Ballsam, mumy 4 ounces,

Dragons blood and Red sanders, of each two

ounces, these 3 pouders mumy, Dragons, blood

and sanders, must be finly powdred, take

the venus turpentine, and wash it with

half a pint of spring watter, wash the

sallard oyle with 8 pints of spring watter

your Liquod venis storix, wash with half A

pint of Red rose and Plantin watter together

after all is washed seuerally, mingle them

together in the skillitt or what you boyle

them in, and beat them all together with

A wooden spittle, a quarter of an hour, then

put in the new wax cut fine and lett them

boyle a littel together, then add to it a qua=

=ntidy of these 6 herbes, each of them, a grasp

or littel handfull, Bay leaus, balm, time,

rosmary, saint iohn s wort, senacle, Balsam=

=trees cut them smale put them in and

lett them boyle a littill, then together=

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=together, stiring it still with the

wooden spittle, then take it of the

fier and lett it cool, and when it is cold

make A hole in the side and power out

all the watter very cleane, you moust

hold it that it fall not into the watter

with a bord laid ouer the skillit, this

being don sett the skillitt ouer the fier,

half a quarter of an houer, then streine

it thro a strong cloth that may be squees=

=ed hard thro the hearbs, sett it ouer the

fier again then shake in before it be

hott these 3 pouders the mumy, the sanders,

the Dragons blood, keeping it still stirring

as thay are putting in, then lett it boyl

till it rises up, and take it of an

streine it twice thro a clean cloth to

take away the pouder, throw the

pouder away, that being don put it

ouer the fier again and put in the

oyl of saint iohns wort Indain Balsam,

put it a littel ouer the fier and stir

it, lett it boyle then take it of and put

into your potts still stiring it with

your spittle, so keep it Close couered

for your vse, it is good for all outward

of Inward wounds or bruses allso for

A consumption, or cof or spetting=

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blood, take the bigness of a smale hasell

nutt morning and night

A white Pott Lady Chrans

Take A quarte of cream, the yolks of 7 eggs

well beatten, when the. cream boyls vp putt

in the eggs, stir it as for custords with some

Cynemon, a marrow bone cut into bitts as big as

A peice or steale dyce or square its french bread with some of the

crust cut of, cut in thin slicas, laid in the

ouen or by the fire to dry hard, lay the bread

into the basen, with 4 little marrow boans,

a little sugar & little bitts of Cynamen, half

A dozen of dryed Cherrys, presarued Apricoks

Cut into 6 peices, pouar in a little of the Cream

then with A layr of this again, then pouar Cream

again, and so till the basen is full, beesting

cream is the best

A

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A Cake or puff Past mrs welliome

Take the whites of 3 eggs and beat them

search out some flower very fine and put

half A pinte of watter to the eggs &

beat them well together and wet the

flower to a thickness to Raise a pye &

work it well, then role it out long &

as thin as a pye couer and take fresh

butter, if non salt and wash it, or stake

it with you finger the long way of

the past till it is all couered with the

butter and strew a little flower ouer it

and role it vp, then role it out again

the long ways as thin as twas befor and

so butter it this most do 4 times

you may put some sack or rose watter

with the white of eggs you most not beat

the eggs much befor you put the watter

to them take out the treadings and when

it is made role it a bout an Inch thick

the same way still, so that it will searce

be Exactly round but if it is not still keept

the same way it will neuer rise you most

prick it with a pin, and put it into the

ouen for half an hour

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To make the Bitter Draught Docter Lower

Take a handfull of the tops of centery, two

ounces of Cardus seeds, 2 ounces of Iention roots, a good

handfull Camomill flowers, boyled in faire

watter till 2 quarts comes to 2 pints, or 3 pints

so drink 7 or 8 spoonfulls mornings fasting

for a week or 10 days you may add some Egrimony

the licke quantidy as of Centry to make it

purging you must add senna or rhubarb, tis

good for all sickness and paine in the stomach

of for the worms in Childreen, Probatem

A Receipt for the woorms Doctor Bidgood

Boyle in Spring watter, Coriline, Centery woorm=

=seeds, Curents, Sorill, or Insteed of sorill a little

lemon sliced, and drink it in a morning fasting,

about 2 or 3 spoonfulls at a time, purge the

Children now and then with a little Rhubarb

sliced in bear, and somtimes for Change 10 days

drops of Elixer propritatis for a week or fortnight

together

Conserue of roses and woormseed brused 3 mornings

as much as will lye on half a crown to the

bigness of 3 walnuts of the conserue, taken

3 mornings fasting

mrs Rolle

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wound watter Doctor Green

good for Canker, scury, Hettar, or heats in the face

& soar eys

Take coppres and camphir of each one ounce

Calsined and finly beaten into pouder, very

fine bolearmminak 4 ounces beaten into

pouder by its self very well, then mix it

all together boyle 2 quarts of fair watter

and when it is of the fire put 2 ounces

of this pouder into it still keep it stirr=

=ing till it is cold then put it into A

bottle Close stoped for you vse, shake it

befor you vse it keep the Cloth allways

wett to the soar

Plague watter vpon watter mrs banots

Take of Dragoons, Cardus, woormwood, Rue, pim=

=pernell, penyroyall, sweet masoram, Bame,

mint, sage, hearts ears, mary goold flowers, An=

=gelica, lauender flowers, Buridg, bugliss flowers

of each 2 handfulls, 20 green walnuts shrid

smalle, and disolued mitridate, venis treacle

Diescordum, of each 2 drams, take as much

watter as will couer all these ouer about

5 or 6 Inches with 2 quarts of sack or whit

wine, lett these Infuse 24 hours, so still it

of in a limbeck till it begins to be sower,

mix the first runing and last together and

sweeten it with fine sh sugar

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Angelica watter

Take 2 Gallons of Brandy and one Gallon of

white wine, a quarter of a pound of Coriander

seeds, and as much angelica as the wine

will couer, so distill it for your vse

for An Ague

Take 6 spoonfulls of strong plague watter,

the yolks of an egg, and half a nutmeg sliced

beat all well together, take it befor the fitt

proba=

tom

comes, if euery other day take it twice, if the

third day take it 3 times and if euery day

then take it but once, but A duble Quantidy

strong snaile watter for Agues

Take A peck of garden snailes wash them

shells and all very Cleane, then dry them in

acloth and pound or break them small in

a mortar and put them in a gallon of strong

Ale, you adding to it 6 ounces of rasped harts=

=horn, one ounce of nutmegs, one ounce of

cinimon, all beat in grosly, half apoound of

liqurish, so of Annisseeds, and lett all these

steep Close stoped 24 hours, so distill it with A

soft fire and keep it for your vse, it good for

a pittite, sweeten breth, & moue ane y pain from the

hart

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The oyntment for the Gout

Take the oyntment

Take an ounce and half of the oynt=

=ment Called vallentia scabiosa, of

oyle of sweet Allmonds a quarter of

an ounce and as much of man fatt,

of the best oyle of mace by expression

4 scruples, mix it all very well together

A Plaster for the gout : Collonel Cook

Take Rosine ^ 2 pound finely beaten and seerched with

2 pound of pitch, 2 pound of the best

franconsenc one pound of sheeps tallow, one

ounce of safron, 2 ounces of cloues, 2 ounces

of mace, half a pound of comin seed in fine

pouder, labdanum 2 ounces, all this put

together, boyle it the space of one houer the

pitch being first melted, and then put in

the rest with a pint of the best whit wine

then streine it, and being somwhat Cold,

make it vp in roles and keep it for your

vse,

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To stew Carps

Take your carps alliue scale them and

cut them in pecis in the stew pan to

saue all the blood, and put in a bottle

of whitwine a little vinager with as much

watter as will Iust couer the carps, boyle

with it whole whit pepper, sliced ginger

mace, nutmeg, and one onion, and lemon=

=pill, and salt, when it has boyled alittle

while, put in the carps, and when the

carps are enough, take some of the liqu=

=or they stewed in and put a little

butter as you think fitt, with 4 or 5 spoon=

=fulls of cream with the yolk of an egg

beat in it, and some oysters in the sauce

and prauns put a little bundle of sweet

hearbs in the sauce while tis boyeling

and the spawn of the fish, which after

with it in the dish,

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To make Beniamin watter Collonel Rolle

Take a pint and half of the strongest

spirit of wine, take 2 ounces of Beniam=

=in one ounce and half of storax, orrian=

tiall with the 8th part of an ounce

of mirrh, half an ounce of Black balsam,

take the storax Beniamin and mirrh, and

beat them smale together in a mortar,

then put them in a duble glass bottle

with the Beniamin and spirit of wine

then stope it vp very Close and shake

it lustilly for half ab houer at least, but

neuer after, and then sett it in the sun

or if you make it in the winter, put it

in a skllet of kittle of warm watter

for 6 or 8 days when it is mad keep the

bottle close stopd for your vse/

for Bisketts Lady Ann Edgcumb

Take a pound of Duble refined sugar

beaten and serched fine, then take

12 new laid eggs and beat them in

an earthen pan with only 4 of

the whites, then put in you=

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sugar and 3 spoonfulls of rose or orrang=

=flower watter, 3 blades of mace finly shrid

beat these togather one houer, then

drey 3 quarters of A pound of fine flower,

and put it in Iust as tis going into the

ouen stir it well together, butter the

plates a little, and put one spoonfull

on euery plate and sett them in the

ouen a quarter of an houer so take them

out and take them of the plates, and

about an houer after put them into the

ouen again to dry, so put them vp in A

very dry plase

to make Brisk

Take Brimstone and melt it, and then

put coriander seeds to it and burne it

in the hogshed as you do for whit wine

when your cider is fine draw it of and

put it into the hogshed, with a dosen

pound of sugar and the like of malla=

=goe reasons stoned, to which adde 4

gallons of brandy or what you think

fitt, after 2 or 3 months it will be settled

so when it is throyl fine bottle it of,

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To make the yellow Cordill

Take Liquorish, Anniseed, broad figs

and Reasons of the Sun stoned some

safron and dates, and put them into

a proportionable quantidy of brandy in

A stein or glass with a tap at the bottem

and when it is fine draw it of for

your vse

A Receipt to make Allmond Cakes

Take half a pound of sweet allmonds

well beaten with orring flower watter

or Rose watter, 3 quarters of a pound

of good fresh butter the salt washed

out clean, take a quarter and half of

fine flower, and half a pound of cure=

=nts plumped, half A pound of treble

refined sugar beaten ad searched,

and 6 eggs take out 3 yolks of them and

beat them well, then mix the sugar

allmonds, butter, and eggs together, which

beat vp with your hand near 3 parts

of an houer strewing in the flower,

till it is all well beat vp together,

then strew in the curence, and butter

the pans and put about a spoonfull

or more in each pan, so bake itt,

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A Cake

Take a peck of fine flower, 8 pound

of curence, one pound resones of the sun

stoned, and shrid smale, strew in a litt=

=le sugar after the curence are in, sesone

the flower to your tast with beaten nutt=

=meg then rub in 2 pound of butter to

the flower, take the yolks of 10 eggs but

6 whites, a pint of Ale east, beat the

eggs and east together, strein it into the

flower then take as much hott watter as

will make it into a past mould it well

and lett it rise by the fier so bake it

the Receipt of the Ale

Take of firr tops 4 handfulls, of sarsap=

=arila 3 ounces of China one ounce, of hear=

=ts horne and of Iuory an ounce of each,

boyle them in 5 or 6 gallons of midle wort

as itt comes from the mault vntill a gallon

is consumed, then work it with Ale barm

and tun it vp, when it hath don work=

=ing put in these Ingredients in A bag

viz roots of scorzonara 3 ounces, sweet cher=

=uell and Iringo of each 2 ounces heartsto=

=ngue dryed 2 handfulls, maidenhare, egrim=

=ony and liuer wort of each one handfull

wintiren bark half an ounce the rines

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:rines of 2 oranges, half a pound of

reasons of the sun stoned, of brooke=

=lime and wattercreses of each 2 hand=

=fulls, hang these in a butter bag, and

put in a gad of steel, affter 4 or 5

days dys drink it Constantly with your meales

and at all times

The

CheesThe Cream Chese mary beers

Take about 5 quarts of the morning milk

a pint and half of raw cream, mix

both together and run it very hard

then slice it vp very thin in a scum

dish, and put a fine Cloth wett in A

larg deep fate and fill up the fate as

full as it can hold, so lett it stand till

night, then turn it into a fine wett

Cloth vpon a pye plat, so turn it into

the fate again, this you must do twice

aday till it is hard, about 3 days in

the fate will be enough then lat it

in a half dry Cloth 3 days more turning

it, 2 days will enough if you see it harden

so put it into rushes till it will slip

its cote, if it is very hot wether change

the rushes once a day,

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The Plague watter, Lady Rolle ,

Take Rue, Egrimony, woormwood, salindin, sage

balm, Rosemary, mugwort, termintill, Dragon,

pimpernell, fetherfew, burn in, wood sorill, and a litt

=le of Elicompane roots scraped, mary goolds,

Cowslips, and panice flowers, Cardus, benedictus

of all these take half a pound only of rosem=

=ary one ^ quarter of pound, and of Ellicompane less then

any of the rest, then shrid them very smale

and steep them in a pott with 10 quarts

of the best maligo sack you can gitt, let

them stand 4 or 5 days and nights, stiring

it Euery day, put in with it when you

lay them to steep, one ounce of annisseeds

coriander, carraway, and Caardinum, after with

which put all these into an ordeney still

stoped Close, hearbs and wine together, keep

the first runing by it self till it run, very

smale so mix it and sweeten it to your tast

walnut watter

Take to pound of green walnuts, 2 pound

of figs, 2 pound of herby grass beat your

walnuts in A mortar and shrid the

hearbs and slice the figs and still

them in a Cold still, with A soft fier,

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A Glister for the woorms

Take lauendor Cotten, Rue, and mallows,

Comin seeds and sweet finnell, boyl all

these in skim milk till it is brown, then

sweeten it with surip violetts and an

Eggs, allso a glister of new milk and brown

sugar with as much woormseed as will

ley on a shilling, boyled in it, good for ^the woorms,

oyl of Charity

Take a quart of the best oyle of olliues,

one handfull of the tops of rosmary, one

handfull of red sage, Camomill, lauender

leaues, of Each a handfull, chop them as

smale as herbs for a pott, putt them and

the oyle into a glass and sett them in the

sun and stir it once a day for 14 days to=

=gether or more then power out the oyle

and herbs into a skillitt, and warme it a little

ouer a little fier then strein it out, and

put the like, of fresh Ingredients again

to it and lett them stand in the sun

as before stiring it, and so on the fier

as before, so streind out then put val=

=eriane one handfull chopd, and lett

it stand in the sun the time, then A

another handfull choped as before streine

all these thro a cloth, and lett it haue one

warm ouer the fier, so stop it Close for your vse

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its vertue

Its a soueraigne Balsam for any wound its

a speciall remidy for any bruse taken inwa=

=rdly, in a spoonfull of positt drink, good

for all aches proseding from Colds or vlsers,

to preserue dead flesh from growing, tis

good for the head and disseness, being

Infused into Ears, this oyle most be made

at or before the 10 day of may

A Receipt for the Collick or gripe in the

gutts

Slice two sower oranges rines and all very

thin and put them into a quart of milk

which must first boyle vp, and when

the oringes sink to the buttem, when the

posett is made strein of the Cleare and

drink it

For the soarness of the belly with it,

take A red rose Cake, a pint of Elder

watter, A quarter of a pint of Elder

vinager, sett the watter ouer a chafin=

=dish of coles, and put the rose Cake into

it an turn it in the watter till it is

hott, and lett it suck vp some of the watter

and vinager, then take it out and scrape

nutmeg on it so put it vp in a Cloth, &

apply it to the belly as you can, Induear

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Induear it, and haue another cake in

readiness in the watter and vinegar

against that is cold, so change it often

The century watter

take 24 ounces of century and 4 ounces

of Ientean roots sliced and put both in

a earthen pott well glaesed, and power

on it a gallon of the strongest whit=

=wine, couer it up close, and sett it in

a colle seeller for 5 days, then distill

in a cold still for your vse

the vertues of the watter

Drunk morning and Euening, preserueth

the body from all deseases, Cuerith all Impos=

=themes, maketh a good couler, it preuents

the plague, Easeth a loaded stomack breakes

the stone, in the rains, seperates and

expeleth all wattery humours, purges

the body belly from Collick and corupt

blood, it heals all wounds in the belly

Cuers all venimous bittings and cuers

the sight, take the wheight of 4d or 6d

in a spoonfull of this watter,

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Treacle watter

Take an ounce of hartshorn and put it into

a pott with 3 pints of fair spring watter couerd

Close and lett it steep 24 houers then boyle

it till it comes to a quart, put to the watter

so boyld of Angelica roots, Cyprus roots, tor=

=mentill roots, or each one ounce, or bugloss=

=leaues, burage leaues, mary goole flowers,

Rosemary flowers, of each 2 ounces, of holly

thistle and the rinds of citron of Each one

ounce, of the best vennus treacle on pound,

of whit wine 3 quarts, of damask rose watter

3 pints, distill these in a glass still sett

into a pott of watter with a gentle fier

of charkole vnder it,

To make round pudings to fill

a dish

Take a gallon of new milk and run it

tender, take the curds grated bread, 6 eggs

one whit one nutmeg, a handfull of cure=

=nts, a spoonfull of canary sack, os so of

oring flower watter, and a little sugar role

them in sweet suit, the same butter sack

and sugar,

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To make custords, mrs welleiomb ,

Take a quart of raw cream set it ouer

the fier with a blad of mace a little

ciniman and nutmeg, lett it boyle once vp,

take the yolks of 12 eggs beat all well with

a little orrang flower watter, and throw

them into the cream and stir it well,

soe boyle it till it is thick, sweeten it and

put it into the dishes, if you will, haue

them look a litle brown, heat a fier shoule

red hott and hold ouer the custerds

To make A sack Posett mrs louet

Take 12 eggs beat well whites and all

then add a pint of sack, sweeten it with

sugar and stir it well ouer a fier in A

siluer basin till it be prity hott, then

take a quart of new milk boyled once

vp with a blad of mace and throw it

scalding hott into the basin stir it once

or twice round ouer the fier, so couer

it ouer and lett it stand a little,

it most not be made long before

you vse it, you may try the

sides a litle with a spoon ouer the

fier if it tis come,

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To quicken Labour or bring of A Dead

Child or false Conseption mrs Rolle ,

Take 3 date stones dryed, 3 beads of the best

yellow amber, half a dram of red corill, half

a dram of seed perle, 12 cloues, 20 quince

kernells, one penyworth of Inglish safron,

a knobe of treble refined sugar, all this

beind mad into fine pouders seuerally by

them selues, mix them all well together

so keep it tid vp Close for your vse

giue as much of it as will lye on a=

shilling by heap in 5 spoonfulls of baum

watter, sweeten it with surup of cloues

or any Cawdle, or other liquor a litle

warmed, and take nothing in an houer

after it/ allso as much as lies on 8d pence

of the gowwer stone scraped and giue A

woman when in real labour will cause

speedy deliuery

An Excelent remidy for the Piles

Take oyntment of Populoum, and

oyntment Diapampholygos of Each, half

an ounce, of opium well prepared

sixteen grains mix them Exactly Either

into the forme of A plaister or sup=

posittery for you vse in great paine,

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For the Piles

Take root flax ^ weed and shred and boyle

it in vnwashed butter, strein it into

potts for your vse, its is the best that is

The white wash mrs Rolle

Take one quart of distilled vinegar,

two Peniworth of lethergy of Gold, two

peniworth of lapis prunella, put it

into the the distilld vinegar being both

in pouder, and put it into a new

glased pipkin and stop it vp Close with

past, and sett it on some fresh Embers

to simer a day and night, the next day

take it of and power of all the cleare

and put to the sttlement a quart of

spring watter and Euery day put fresh

watter to it pourging away the old, so

do till it has no tast of viniger, then

at last put to it as much spring

watter as you think fitt and it in

a glass bottle for your vse, you

may vse pomatum once a week

whilst you vse watter, fling away

the bottem,

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To make Rasbury Brandy

Put Equall quantidy of brandy and ras=

=bureys in A vessell, stoped 19 days, so

draw it of, & put it into the vessell

again and put 3 pound of course or 4li

of fine sugar to 12 quarts, of brandy,

then draw it of, when it is fine) the leis

will make good watter

For sharpness in the blood

Take Bucks beam or marsh trefoile Eith=

=er in drink, tea or any other way

The Bitter drink, Steel, Doctor How

Take the fillings of steel 2 ounces Infuse

it a fortnight in a pint of milk watter,

half a pint of Camomill flower watter

a quarter of a pint of Compound woor=

mwood watter, as much Compound Genti=

=ion watter, then add 2 drams of genti=

=ian sliced, of horhound leaues and

tops of century and roman wormwood

of Each a pugil, of cardus seeds half An

ounce, Infuse them 12 houers then strine

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the liquor, of which take 5 spoon=

=fulls Euery morning fasting, the linitiue

Electurary 3 drams puluis sunetis one

dram and as much of cream of tartir,

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The drink for after the smale pox

Take of China roots sliced 2 ounces of

sarsaperilla 6 ounces, of the shuings of

heartshorne and Iuery of Each an ounce

of ground Iuey 2 handfulls, Rosmary flow=

=ers a handfull, sweet finell seeds and

Coriander seed of Each 3 drams, of sarsaf=

=ras sliced an ounce, Infuse these in 5 quarts

of watter, 16 houers then boyle them to

3 quarts, towards the end add an ounce of

Liquorish sliced, drink of this as much as

you Can Insteed of other drink add one

handfull of group pine to these Ingreedie=

=nts good to sweeten the Blood Doctor Hows

The leaues of walnutts boyld in milk is

good to kill wormes in Children Lady doyly

As much Irish slatt as will ley on 6d

or 12d in brandy is good for the grips or Chollick

A Ie Gelly for apricocks

Take ripe whit plums and put in a

pott with a little watter till it boyles out

the Iuce of the plums so strein it of

cleare and put it to the apricocks when

half boyled

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To make rape to make vinegar

Take souer graps pick them of the

stalks and put them into a bag and

press out the Iuce very clean then

tun the Iuce as you do cider to make

veriuce, take the husks of the graps

and pack them vp in a barill Close

for your vse, a handfull or 2 is

anough of this rape put into A

smale vessill of cider or wine makes

good vinegar, lett your vessill be drey

The surrip of grapes

Press out the Iuce of graps then, lett it

settle of powr of the clearest and put

sugar to it as you do to other surips the

whit graps must not be ripe this surrip will

do insteed surrip of lemons

orrange fflower watter drank is the

best thing for any one in dangour of

miscarying

4 A spoonfull of frogs spaune watter in

one of sinamen watter is very good

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Couslip wine or any other fflowers

Take 3 gallons of watter to 6 pound of

poudered sugar, Clarif the shugar first

beat the whit of two Eggs and throw it into

the sugar when it boyls vp, and scum it well

then put all the watter and sugar together

and boyle it well, take A peck of couslips

picked, and brused throw them in when

tis boyling, and 2 large lemons with the

pill cutt in two peces, put it into a tub

and when it is allmost Cold put a tost back=

=ed hard with East into it, and work it as you

do bear, streine it out Clear and put it vp

in a barill till tis fine so bottle it of

The Luentellus Balsam, Lady Doyly

Take one pound of the best venice turp=

=entine, which must be washt 3 seuerall

times in Red rose watter for an houers

time, them take yellow bees wax half A

pound cut very small and melt it on A

gentle fier when it is throly melted put

itt in your turpentine and let them

Incorporate together a pretty while then

take them off the fier and lett them stand

two days, then slice the wax and beshour

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be sure to scrape away all the dross

and wett that will be at the bottom,

then take 3 pints of oyle of oliues and

put it into the incorporate wax and

turpintine and melt them ouer the

fier, then put thearto of naturall Ball=

=some an ounce, of saint Iohns wort and ounce

of Red Saunders poudered very fine, one ounce

lastly six spoonfulls of sack, when

they are well warmed together take

them off the fier and stir them two

houers, you most put the saundars and

the oyle together before the other

Ingredients/

To make waffars

Take milk and flower with 3 or 4 Eggs

and but beat it together and sweeten

it to your tast then butter the waffer

Irons when they are red hott and put

a spoonfull of the batter into them

and bake it, torn the Irons 2 or 3 times

Pills good for A Looseness

Take 30 grains of rubabr finly prepared

and made into pills with disscordum,

take 3 at night, 3 in the morning and 3

the next night,

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The Duke of ormonds Pills

Take two scruples of senna, 2 scruples

of rubarb, 2 scruples of Hicareipiera=

=degalena, of cream or tartor half a dram

half a dram of alloies rosata 6 grains

of salt of wormwood, of surip of

succreey compoosed with surip of rubarb,

as much as will make it into past, this

will make 18 pills whear of take 3 or 4

as you go to bed, you need not keep

A diet or Chamber with them

A Glister for the Chollick

Take an ounce of venus treacle in a

pint of new milk or sack

For A paine in the stomack

Take a thimblefull of mustard seed

morning and Euening, mrs Helen

For the Conuultions fitts mrs Cook

Take a spoonfull of the Iuce of rew

sweeten it with sugar and giue the Child

Bourns Pills

Take Pill ruffi two drams, Alacphan=

=gine one dram m and-half, prepared

steele one dram, mingle them and make

them into 32 pills, take 4 euery other night

going to bed

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The bitter draught, mr Cook ,

Take Camomill flowers, tops of

Centery of each tw handfulls, roots

of Ientian thin sliced, one dram,

Cardus seeds half an ounce grosly

brused, deuide this into 6 equall

parts, boyle the watter ar for tea

and power half a pint of watter

boyling on one of the 6th parts, lett

them Infuse half an houer, drink

half in the morning and half in

the afternoon

The Possitt

Take one ounce of tamorines in

half a pint of milk, scum the

curd, of, then sweeten it with an

ounce of the surip of violletts,

this you may take 10 days together

or more as occassion and at spring

and fall it is good for all deseases

and to sweeten the blood

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To make bisketts Lady Doyly

Take 2 quarts of flower and half a pound

of sugar, strew into it as many Car=

=away seeds as you think fitt, boyle

as much milk as you think will

wett it, put half a pound of butter

into the milk lett it melt in the

milk then scum of the top and

mix the flower to A past, then role

it out to the thickness of A Crown

peece and Cut itt into round peeces

with the brim of A drinking glass

prick them full of holes and bake

them, the ouen must not be to hott

Cordiall tincture Doctor Lower

Take senna leaues

Liquorish

Anniseeds

Guiacum

Lignum=nephriticum }

of each of

these two

ounces,

Raisonees one pound washed & stoned

steep all this in 3 quarts of the best

aquauita, or whit Anniseed watter

or good brandy for 8 days, so strein

it of for your vse, take 4 or 5 of

it for the cholick

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A Receipt for the Chollick

Take a quart of white anniseed

watter, and slice into it an ounce

of muncke rubarbs lett it stand

4 or 5 days shaking it once a day,

giue to a man or woman, 6 spoon=

=fulls, lett it stand 4 or 5 them

lye down on a bed and keep warme

after it) giue it not if a woman is

breeding/

The oyle of Capors is very good

to anyony the Ioynts of weak Children

Allabaster burnt and poudred is

very good for a cancker in the mouth,

A Receipt for the small pox

Take two spoonfulls of Tars (not=

=fitches) but Tarres, and boyle in A =

quart of mary gold possett, and drink

often of it, slice 6 figs in it,

A Receipt for the grips Doctor L

Take new milk and boyle it, and put

into it: some diascordium, and brown

sugar, I supose a Glister

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A Receipt for a rupture, mrs Arnold

Take pelitory of the wall and fry it

in fresh butter and it is very hott

sprinkle it with the best aquauita

and so put it on as hott as the party

can suffer it, and lett his head lye lower

then his heels, lying on his back till it

be gon vp,when it is vp vse this folow=

=ing medicine, take a pint of rasbury=

wine, and a pound of bollarmanack finely

powdred and boyle them well together,

untill allmost half be consumed, then

take a quarter of a pint of Ashen keys

watter stilled in a cold still, sheapherds

pouch knottgrass, sweet maioram, solla=

=mons scale roots, white comfrey, black

corrant tree either leaues or buds, or Inward

rine as you can gett it, catts tayles or dead

mans fingers as some call them, of each of

these 2 spoonfulls of the Iuce, put it

into the rasbury wine what was boyleing

before ouer the fier, and Incorperate it

well together, then put it into a bottle

and shak it once a week, when you vse

it shak it well, and take 2 or 3 spoonfulls

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=spoonfulls and put it into the

beast aquaitta you can gett, and

morning and Eunening shake it and

power of as much into A sacer as

will wett A brown paper 3 or 4 times

duble, and as hott as the party can

beare it on the griffe, dont you put

it on too fers a fier, for fear the

spiritts Euaporitt, Asshen keys brused

and boyld in watter till very strong,

is as good as if distilled,

A Receipt for A consumption,

Take Ellicompaine roots sbout a dosen

and slice them into spring watter

and shift them Euery day for 9 days

then boyle them in 3 quarts of spring

watter with 2 handfulls of maidenhare,

2 of seduary leaues, and 2 of maiden

Hysop, and boyle it till it comes to 3 pints

then streine it, and put to Euery

pint apound of brown sugar Candy

so boyle it to a surip for your vse,

take 2 spoonfulls Euery morning

so at night and lye upon your

back half an houer after it,

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A Iulep to Procure sleep

Take two spoonfulls of syrup of

poppys, 2 drams of diascordium, 2

spoonfulls of dragon watter, 2 spoon=

=fulls of poppy watter, half a spoonfull

of cinamon watter, all these being mixt

together giue it to dring in 6 spoonfulls

of possett drink, in which boyle 2

drams of Ce citron seeds, and 2 drams

of Cardus seeds,

To preserue Cittron

Pare them very thin then rub them

well with salt, and lay them whole

in watter 3 or 4 days shifting the

watter Euery day, then cutt them and

boyle them in 3 or 4 watters, but befor

you boyle them, weigh them, and

take the full weight of them in

pouder sugar, take to Euery pound

of sugar a pint of watter and Clari=

=fy it with 2 or 3 eggs and when your

syrop is Clean streined, and the cittron

well boyled and tender put it together,

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to together while the syrrup is hott

and lett them stand all night and

the next day boyle them up, thay must

boyle pretty fast and when they haue

boyled half an houer put in a quarter

of A pound of fine poudred sugar, and

the Iuce of 2 or 3 Lemmons, then boyle

them up till the sirrup is thick and

as they are ready to take of the fier

put into every pound of cittron 4 or 5

spoonfulls of white wine and lett it

boyle but a torne or two after the wine

is in, you may put in it half a grain of

musk if you think well of it

To Make Cock Ale

Take an old cock and skin and draw it

then beat him, bones and all in a morter

then put him into 8 gallons of strong

Ale wort with out any hops and lett them

boyle very well together, so barm itt

and tun it in your vessell, and when

it hath done working take 4 pound of

Raisons of sun stoned, some cloues, dates,

nutmegs, and mace to your fancy, put

all this in a canuas bagg in the vessell

and put 3 quarts of sack in it, and stop it up

in 8 or 10 weeks bottle it of,

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To make marmulett of Apricocks

Take a pound of apricocks, and allmost A

pound of double refined sugar, break it

in great peises, dip the sugar in watter,

boyle it allmost to a Candy, pare the apr=

=icocks and cutt them in slices, and put

them to the sugar with a little Codling: Ielly

that is very strong of the Apple stir them

well, and lett them boyle alittle;

To preserue green Apricocks

Take green apricocks before thay haue any

stone in them, paire them and scald them

tender in watter, and lett them lye in it

till they beginn to be green, then haue

ready a good thick syrrup, and draine them

out of the watter, and put them into it,

heat them for 3 or 4 days till they are

Clear, and the Colour yould haue them,

To Preserue green gooseberries

Take the gooseberries and stone them, and

as you stone them put them into watter

when don stoneing put them into faire

watter, and sett them ouer a gentill fier

till they are redy to peill, then peill

them, and put them in fresh watter

and sett them ouer fier, till they look

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looke green, but take care you dont

breake them, take to a pound of these

a pound of double refined sugar well

beaten, and other gooseberryes to make

your syrup of the Iuce of gooseberryes,

and when you haue so don, put them

upon the fier and lett them boyle a

little gently, then take them and sett

them by all night, and soe you must

doe for two days, streuing some sugar

ouer them, as you boyle them scum them

well in Euery boyling

An oyntment to disolue aney swell=

ing in the leg or brest or aney whear,

Take 3 or 4 handfulls of mallows after

they are shrid, and boyle them in a pound

of butter till tis very green, and the

hearbs crisp, and so strein it out for

your vse, you must Chafe it to the

part a griued half an houer by the

fier,

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For ffloodings in Child beads or after

miscariages, or hauing to much of the Reds

Take nott gras with its roots stiled in

a cold still with plantin, sweetned

with surrip of quinces,

A Receipt for the Bludy flux,

Take a stone Horse Hooffs, and boyle it

and dry it in an ouen, so burn it on

a Chafindish of charcoles, and sitt ouer

it either in a closs tool, or a Ioynt stool, and

lett the party sitt ouer it close couerd

round, and the party must cale dryed

nuttmegs about one a day,

For A Puding mrs Lee ,

Take the suit of a larg hingquarter of

lamb, to the suit put two peny loofes of

white bread, and a handfull of chopd sweet

hearbs, penyeroyall, parsly, sweet maioram,

and winter seauory with a uery little time,

and either spinage, violitt leaus, or strawbery

leaus to make it green, the suit and hearbs

must be shrid very small, and the bread grated

4 eggs brak into it, a whole nutmeg grated,

salt it to your tast, so boyle it an houre and

half, tid vp in a cloth, the sauce is butter,

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To Pickle Fish

to a gallon of watter, a quart of wine

vinager a large handfull of salt, a bundle

of time and winter sauery the rind of one

Lemon, Cloues, mase, and whole peper, with

6 onions A whole, when the Liquor boyls

put in your fish and when boyld Enought

take it out, and when it is quite cold

put in the fish again

Doctor goold For A Scurbuctick Rumatick Rusmatisem

Take dandelyon, Brooklime, and watter=

=crees, of Each one handfull, scuruey

grass, and Buckbaen, of Each a pugell,

Infuse them vpon these plants, a quart

of fresh whey boyling hott in a Close

vessell affter half an houer strein it

of into a bottle, and keep it Close stoped

drink half a pint in the morning at

5 in th afternoon and the like going

to bed do this Euery day for 3 weeks

and make it fresh Euery-day, if you

haue no whey posett drink will do or tea

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A Receipt for deafness

Take 2 bottles of clarit and put it into

a pipking sett it ouer a gentle fier, then put

in Rue, sage, camomill, penyroyall, rosmary,

marioram, mint, fetherfew, a like quantidy

of all these, only Less of the fetherfew, Lett

them Infuse till about apint is wasted,

then put in some of this into 2 little bottles

as hott as it comes of the fier and put the

mouth of the bottle to the hole of Each Eare

and the rest put into a milk pan and hold

your head ouer it, the party most haue a cloth

held ouer the head to keep of the ayr, being

in bead, keep very warm after it, and not

Catch Cold, do this 3 nights together, the

same Liquor will serue,

Honny of roses and oyle of bitter almonds

a little warmed and dropt in the Eare 2 or

3 drops att a time is very good,

For A Rupture mrs Cooke

Take a little bags of hops and peper poun=

=ed fine and steep it in spirit of wine

and aply hott as the party can suffer it

so chaing it seueralle times, then fasten on

the trus ouer it do it going bed, giue knot gras in milk

butter is good in a glister if very costiue

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To make Pancakes mrs Flo delton

To a quart of raw creame grate A

Larg nutmeg, a little salt, and as

much flower as will make it a good

thick batter, beat all very well toge=

=ther, then add 8 eggs, but 4 whites,

and beat it together, till it be well

mixt and smoth, then melt apound

of good fresh butter, scald hott and

as thick as for sauce, power it

into the batter stering it, so lett

it stand some houers, about 12 hours,

then fry them thin, no butter in the pan

A Glister for the Piles

Take A pint of new milk, put into

it half a handfull of malitt or veluett

dock, as much of Elder flowrs, the same

of saint Iohns wort or its flowers, in case

you can gitt neither, then aspoonfull

of the oyles of boyle this a little in

the milk, then strein it and put

in a spoonfull of brown sugar and

the yolk of an Egg beat, giue half a pin tt

att A time.

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For Sharpnes In watter

Take the tops of pine, and firr 6 handfulls

of cyprus 4 handfulls, comphrey roots 2 ounces

wattercreasis 2 handfulls, the crum of

white bread 6 ounces, put this into 6 pints

of milk with a quarrt of sack, distill itt

in a cold still, drink 10 or 12 spoonfulls

2 or 3 times a day sweeten it with

march mallows surip

The Red Plaister for Isus;

Take white wax 4 ounces, pomatum one

ounce made of Caleus Cawle, or lambs suit,

melted together, then add one ounce of ver=

=riullion prepard and 10 drops of dry per=

=fume you like, or Esences to giue a perfume,

stir all well together then dip in ould fine

hollan put it out smoth on a clean bord

till tis Cold, put a plaister ouer it of

diacelom and guum, gum is called the

sticking plaister,

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If the feuer falls into any Limb mrs rolle

Slice Burdock roots thin, so boyle them

in watter till they are so tender to

be brused abroad then add hogs lard to

moisten it, bind it warm to the part

Chainging twice a day,

if any Bone or Bitt of meat stick

in the throat, or stomack

Take halfe a pan a spoonfull of gun=

=powder, with a Little bear or sack

drink it, it is good for the worms in sack

For the piles Lady Harrys

Take of white Ledd, and the best

whit frankingsene finly beaten and

swifted it of each an ounce, mingle this

togethe with as much liue honey

as will make it into a linament

spread it vpon a lether and apply it

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To make the Labour Pouder

Lady Harrys

Take grains of paridis, saffron date=

stones, Amber, mirrhe, of each of these

alike weight and as much Comin seed as the

weigh of the other 5 Ingredints all together,

all these things must be beaten and finely sersed

and mingled together, and make it up into balls

with hartshorn gelly, you must not giue this

pouder unles the womans Labour be too slow,

then giue her as much as will Lye on a shilling

allso if the affter birth be hard to com away

giue her another such dose of pouder in any

of those Liquors, and the Like may be don for

after pains, and you may in her Labour giue her

a second or 3d dose, if the first dos not do stay=

=ing an houer between, dose and dose, to see weth

whether it will work or not,

A Recipt good for Inward bruses, or Imposthu

=ms, or spitting bloud,

boyle a sprig of Balsam tree in about 3 quarts

of watter till a 3d part beconsumed sweeten

it with Hony so drink friquently of it,

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A Receipt for A consumption, Coff or horsnes

Doctor Dike

Cutt turnips thin and put them in an

earthen glaced pott and put aspoonfull

of hony, then Ellicome=pane roots sliced

as the turnips, affter that a smale

handfull of sugar, then turnips and

Ellecoume=pane againe, so as befor with

sugar till you fill vp the pott about

a quart, take a dram of fine frankensins

beaten very fine and e grains of ambergrees

put into A fine tifneny bag, and put

the bag in the midle of the pott stop

the pott Close, and bake it with your

brown bread lett it remaine a little longer

to be well soaked, when you haue don

it, bruse it all together and pour of the

liquor, for your use; take a spoonfull of

it Euery morning and night and 2 or 3 times

besides in a day if thear is need of it,

for man or beast if peis blood

Take hogs dung new made and put in A

quart of milk, shrid in the bigness of A

nutmeg of mutten suit put it ouer

the fier but not boyle it till its well

Incorporated, still sting it, so giue if

the horse milk warm a man half as moch

if once dos not do reepley it againe,

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An ounce of Irish slat scraped is good

for A Horse that has the grease falen

Collonel Cook

To Preserue Grapes

First stone the grapes and then make sum

watter scallding hott and put in the grapes

and couer them Close A quarter of an houer

then take them out and lett them ly Cold

then take yelow grapes and beat them for

the Iuce, add to a pint of Iuce 2 pound of

sugar and boyle it and scim it and then

put in the grapes and lett them boyle till

they are tendar, take care the sugarrup do not

look black, this is the way to do them whole

for glases or in bunchis, dont boyle them to

much for fear they break,

A Receipt for any pains in the stomack

Put into a quart of ^ ould Mallago sack half an ounce of

cynamon, the like of mase, being brused in

amorter, 6 penyworth of saffron, half a hand=

=full of penyroyal shrid 2 ounces of lofe sugar

pounded, stop it Close for 24 houers, giue the

party a wine glassfull morning and going to

bed streind out, if uery ill lett the party

drink a good draft of red cows milk 24 houers

after = this swettned with sugar of Roses = mrs Rolle

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for A Canker in mouth of lips or teeth

Take A Large egg and make a hole in

the great end and put outt all the

yolk and white, and put into the shell

the bigness of a nutmeg of pouderd allam

the like of ginger, and a larg spoonfull

of hony, mix it together, sett it in A

Chafindish of Coles, and when it boyls up

take it of, and with a fether stricke the

soar part with it 3 or 4 times a day

keep it in the shell, and warme it when

you vse it

To preuent A fitt of the stone

Take 3 spoonfulls of good salitt oyle

once a week fasting or Ale sweetend with

hony euery night going to bed,

for swelling in the Legs mrs Rolle

Put into midleng wort affter it

has don working 3 good handfulls of

sarmandar into 3 or 4 gallons and

drink it as your constant drink

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Doctor Northcotes Receipt

Two drahmes of Rubard; Three ounces of

Carrence Two ounces of doggs grasse and two

ounces of sorrell, one drachme of senna; in three

pints of water boyled to a quart sweeting it with

four ounces of purging sirrup of Aples or

browne sugar; Take a Beere glasse morning &

afternoone salt of Tartar much as lyes on foure

pence to add to

purging

Mrs Wollocombs receipt for the eyes

Take of Parcelly seed one spoonfull; 3 roots

of fennell; 3 or 4 Parcelly roots; half an ounce

of saxifridg roots: half ahandfull of mugwort, one

handfull of mother worth agood handfull of southern

=wood: boyle these all together in a pottle of Ale

untill it comes to a quart then take out all the herbs

& roots & put in 2 penyworth of saffron, one

nuttmeg gratted; sugar enough to sweeten it:

drink half a pint the last thing going to bed

& the first thing you take in the morning

good for bruse or any humer in the eye or

Dimnes or decay in the sight: or weaknes that

cured a child when his eyes was traned with a fall

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A receipt for a scald mrs Wollocomb

Take the Iuce of Horse Dung & anoint the scald

with it, then lay a fine cloth on the scald, & anoynt

on outside of the cloth uery often in a day, wetting

the cloth continuly till the cloth begins to sett

Hollow which will be in 4 or 5 days, then take

of the cloth & wash the soar with raw cream

& oyle beat well together with a spoonfull of

clean watter, then lay on a plaister mad with

Hogs lard & sheeps Dung boyled together so

strain it into clean watter, take it up &

role it together, & keep it for your use, drap the

scald twice a day for 2 or 3 days, then once a day

till the soar Heals

a recept mr Robinson gaue me in London at//

take ceris finly powderd & mix it with Linseed

oyle to a thicknes, so put on the scald

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Doctor Hows recept for any Inflamation in the Eyes

especially the Kings Euill, or to cole the Blood; giuen me

Octoberthe 2d 1706

take three ^ or more heads of House leeks & put em into

a quart of milk boyling, & so turn it to a clear

Positt & drink one quart a day with 3 spoons of it at times the Iulip

3 times a day 3 spoonfulls; which is made of good

cordiall watters; you must pound the House

leek well in a mortar or wooden dish & boyle

it in the milk till it comes clear then strain it of

and sweetin it with surup of violetts

to cure a surfeit of cherrys

eat some of the strongest chese you

can gitt

Doctor Dike tryed the experiment of this puting

it on cherrys which in a short time disolued

them

For conuvltions of the lungs or any shortness

of Breath in young or old:

Take Liquorise and Elicompame roots and

still them in a Roose still with a uery 'slw

ffire and Lett it drop on

brown sugar Candy:

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Doctor Lower dyet drink for the:

mis norcot Kings Euill:

Take 10 pints of water, 3 ounces of Lignum

uita, halfe the Barke & halfe the chips a Little

broken, 2 ounce of licquorish scraped and

sliced, 2 ounce of sarcaparilla sliced and

Cut halfe an inch long; halfe an ounce of

sarsafras scraped and a quarter of a pound

of Reasons of the sun stones, put all in

to an earthen pot Close couered by the fier

all night, next day boyle it 3 or 4 hours by

A small fier; and a quarter of an hour

befor its strained out; add to it a quarter

of an ounce of scena, when tis cold put

it into bottles, and take 8 8 of 9 spoonfulls

att a time; if it be man or woman) 4 or 5

for boy or girle, it it must be taken at six

in the morning & at 4 in the affternoon, & going

to bed, eat nothing but roast meat and for

super Biskett or dryy bread with a handfull

of reasons

for the constant drink take the same ingredients

from wich whichthe strong was strained, and add there to 7 or

8 pints of water boyle them 3 or 4 hours then strain & bottle itt

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To make Ellder bury wine mrs Rolls way

Take twenty pound of good mallaga Reasons

Picked and Rubed uery clean in a Cougst cloth

and so shrid them smale, boyle fiue gallons of

spring Watter uery woll and pouer it hott as

tis boyleing on the Reasons in a uesall that Can

be cary stoped Close Let it stand 24 2 days

stiring it once a day then strain two it

thro a hair range and haue in riadyness

3 quarts of Elder bury Iuse done out as you do

for Ielly of currence with out being the Least

preast but what runs freily from it when

it his cold poure it to the Reason watter and

stir it woll to gether then tun it into

The uesell which must stand In a warm place

Where no aires comes and when you heare it hast

Left making a noise stop it close up and Lett

itt it stand for six weeks before you bottle it

and put nothing in to the bottler which itt the prime

Time for the burrys Is mickleasmas Week putt no

green nor rotten burys or shriuelld, this will

keep a year or more in bottles and as good as

Claritt and uery whollsome

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An excellent Re powder

Take a pound of bolealmonake

Fainely pounded and sarged a handfull

of Caraduus benedictus a handfull of pimpernell

A handfull of Scabius as much turmintylle

so much of scordium so much of betony

all These must be bruised and Put to steep

in 3 pints of the best white wine then straine

out so much of the Liquer as will make the

bolealmonake as thick as white pott. ad to to

your bolealmonake the powder of harts horne

one ounce, six penniworth of saffron made

Into fine powder two ounce of mithridate

which you must put into your Liquor as you

wet your bolealmonake by degrees and so sett

itt in the sun stirring it often in a day

and. so Continue to sett it in Like mannor

euery day and s untill it haue drunke up

all the Liquor then sett it to dry as be fore and

When it is so thike as you may mould it

if in to cakes as you please and print as:

You Like; add a Handfull

of Dragon; & a qarter of an ounce of

snake roots powderd 10 of uenus tracle & allso

mithridate; but 1st put it in withthe Last

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The Surfet Water Cousin Northcotes

aproued by Sir Henry Northcot

Take halfe a pinte of damaske

Rose Water and halfe a pint pound of

white suger of Candy and sett it a steeping

a day and a night the next day take

Cloues Cinan cinamon nut=meg annisseeds

of each halfe an ounce, with a slice of liquorish

and two ounce of dates bruise the spices a

Little when you do put the in then take three

quarters of a pound of stones Raisons halfe

a pint of poppy, water two quarts of aquauite

three grains of ambergreece one graine and halfe

of muske mixt with sugar of candy so tye itt

up in a flawning bag so put it in a pot, then

Couer your pott Closse with a white paper and

a plate upon that remember you stir it

twice a day then Lett it stand three days

Longer fourth day putt in a sprig of angellica

a handfull of balme with a handfull of dried

poppy Leaues, then Lett itt stand three days

Longer so straine itt through a Cotton

Bag: 2 pound handfulls of poppys of

Dryed poppys

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How to Presarue Orings

Take the best Coller seiuell orings waight

them hole & take the waight of them in

The best Lofe suger or pouderd which you

plice then Rays your orangs with a pen

Knif Cutt the orangs in to & brws out all

the Iuce of them then strain the Iuce from

The pips so put in the orangs in a Large

Pan if feair watter Lett them Ly 2 days

and nights changing the water 2 or 3 tims

Then boyll them in seuerll waters all way

make your water boyll before you putt them

In so boyll them untill thay be uery

thender then with knife take a pint of out the inside sid

to euery pound of suger take a pint of

Runng water make your surip boyll up skim

itt Cleen and then put in your orangs & when

about half, Reedy take 20 pips cleen from the

Pulp put them in a fine Cloth till the orangs

are Ruged you must boyll them a hower &

half untill that be Clear when thay be

halfe Reedy put in theIuces Iuice of the

Orringes

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To make a Lamb or a ueal Pay

Take Lamb or ueal season it peper salt:

nuttmeg and mace take to gaxtern of flower

a pound of buter melter with out water and

mix it with your flower & then work it up

with your flower Cold water when you haue

made your Cossine fill it up with your meat

and put in it a pound of Reasons and some

buter a top when it is baked haue a Caudle

Rady with a pint of ueriuice with a pound

of suger in it halfe a nutmeg grated and the

yolks of six eggs well beaten Let your suger

and ueriuice boyle then put in your eggs

with a spoonfull ore to of water to keep your

eeggs from Curedling take a quarter of a pound

of ueal and halfe a pound of beefe suite and

shrid saml small take a Lettle nuttmeg

salt spinage and sages and mix it & Cute it

small Put in 2 eggs and mext it to gether

Then make it up into balls and boyle it all

mast halfe a quarter of an houer then cut up

your Pye and put this force meat and

mext it in to it

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To Put the plumes or damsons Ta

To keep for Tarts

Gather your damsons ore Plums when ripe

with the stems on as many as you Can, then

Put them into a stone Iug, then Put to

them one quartter of thier wait of good

white, suger then put to them water in

Proportion then sett the Iugs into a pan

or kettle of Cold water, make itt boyle and

keep itt boyleing till you see the Plums

begin to cracke, then take them up anbd

while they are hot, pour on them melted

beef suett ann enough to couer them two or

three inches hight, that no aire may

Possible enter into them, they must be

tyed dwon with Leather, or paper while

they are on the fier that the steem

of the Water may not iniure them,

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How to make a great cake

Take 6 pound of flouer & 4 pound of

Courants one pound of Raysons half a pound

suger, to nutmegs half a ounce of Cloues &

X mace, halfe a pint of sack one pound of butter

3 pints of cream one pint of est

How to preseruf Cherys

Take 4 pound of Cherys stone them and

put 4 pound suger ouer them then next

day Put 3 pints of water, Lett them boyle

till thy are well Colerd then put a pint

of Curants Iiues half a pound of suger more

then Lett it boyl till a ge tis a gelye

To make ginger bread

To three pound of flower put ten ouncis of

fine suger and 6 ounces of butter three quarters

of an ounce of genger finly seaceet Rub your

butter uery well in your flower and Putt in som

Corriander seeds seeds or carraways which you

Lick best & to all this putt a pound & half of

Treacle then Role the peast in to what forms

you pleas & bake them upon sheets of

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Fine Paper your ouen must

be quick that you back it in

A Receipt how to make 2 doson of buns

Take 4 pound of flower and 3 pound of Curants

3 quarters of a pound of suger one nutmeg

and a few Cloues one quart of Cream one

Pound of butter a pint of ist the yolks of

a doson eggs to of the wits of theem, so Let

itt Rise by the fier half a hower the make

Them up

To make Lemon Puffs my Cosen

Doyly's way:

Take one pound of fine suger pounded and

sifted putt into itt the pill of one Lemon

gratted and the white of one egge not beated,

mix it well to gether then make itt up in

A spoon with a knife into Little round

balls about the bigness of a small nut

meg and drop them one white papers dubble

so bake them in an ouen that has but

Little heat in itt that they may not be

discoulerd it must be hot enough to make

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Them Rise so take them of

from the Pappers while the are hott

To make geen Queen cakes

Weigh off flower, white suger and unwashid

Butter of each a Like one Pound mix the suger

and flower together Lett the butter Ly the night

before you use is in 2 or 3 spoonfulls of Rose

Water, then take 6 Eggs and but 3 whites

Breake them into the flower then slice in the

Butter uery thinn into the flower and take one

Spoonfull of Sherry mix all to gether with

a spoon for you are not to touch it with

A hand then take a pound of Corants and

mix with it bake them in Pans

how to do Iam of damsins

Take 2 pound of suger & 2 pints of water

Lett itt boyle to gether a good wile kip it well

skimd then put 2 pound of damsins and

Let it boyle till it gellis

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To Preserue Oranges

Take your Oranges and Scrap wash & rub

out the spots as clean as you can then cutt

them into and chip the right Side as you

do them Lay them in water a day or 2

changing your Water once or twice a day:

Then put on fresh Water and when it

Boyls Put in your Oranges in a Linen:

Bag: when they haue boiled a Prity while

if your Water be uery biter. you Should

make Some other Water boyl to put them

into and Let them boyl till they are uery

tender then take them up and Lay them

Between a Linen Cloth with ther right side

upward then pick out the Kernells and wipe

The inside dry and to euery pound of Or

anges take a pound and halfe of Suger: and

to euery pound of Suger a pint of water

and when your water and Suger boyls

Take a way the Scum: then Put in your

Oranges and Let them boil near an Hour

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Then Put them out in a Siluer

or Earthen Bason Lett them Stand 2 or 3

days then Set them on the fire

fire and Let them boyl till the Syrup be

Come to Some thickness then take up your

Oranges and Lett your Syrup boyl till it be

to a height it will be the better if when you

Take up your Oranges then Put to euery pound

of Oranges one ounce of Suger and one ounce

of the Iuce of oranges and Let it Boyl till it

begins to Ielly then Pour it out into a bason

and when it is Cold pot up your oranges

with it

To Make a Carrett pudding

Take 5 penny Loues & grate them and 2 handfulls

of flower halfe a pound of fresh butter, mixt the

butter with it with a quarter of a pound of white

Suger, then take 4 Carretts and grate them and

mixt it well with the Rest take Cream & Eggs and

Spice and Sack & wett it uery thin after this

is don you must mixt it all uery well togeather

And then bake it

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To make Carway Cakes.

Take a quart of flower and a pound of butter

and mix them well 6 Sponfulls of barme

6 Yolkes of Eggs the white of one Egge

6 Spoonfulls of Creame and a quantity of rose

Water worke all These together and sett

Them before the fire halfe an hower and then

Take halfe a pound of Carway Comfitts.

After these are wrought together rub your

Pan with butter and Lett itt be backe in a quick

Ouen

To Preserue Quinces White

Put halfe a pound of Suger, to a pound of

Quinces pare and quarter the quinces, and grate

Some of Thouse which are most ordinary with

The Strained Ioyce of which you may wett your

suger boyle your suger to a Candy height and then

Put into it your quarterd Quince, and Lett both

Quinces and Suger boyle togeather till it be

enough the faster you boyle the quince the whiter,

twill be and if you Like it Sweet you may

Please to add more Suger

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To make Clear Lemon Cream

To halfe a Pint of Water Put the Rinds of tow

Larg Lemons pard uery theine left it Steep 3 or 4

houers afterward Straine it from the rinds and

Prese in the Iuse of 2 Lemons if Larg or Elis 3 to

the water, and Sweten it with Duble refind

Suger uery Swet the Suger being puirist Searcht

take the whites of 5 eggs new Lad eggs and

beat them Exstremly well and Strain them throught

A haire Siue to the water, then Strain itt

all againe into what you make it in Soe Put

it ouer a gentill fier and all ways keep Strain

ing it one way till it begins to grow thick and

as soon as it begins to thicken take it of and

Put to it as much oring flower watter as plese

your palet and if you see any mouts or any of

The eggs hard in it you must Straine it through

a fine Canues Strainer & bay that Sort which

is Calldeustion Canues for it straine it into

the glase you intend to skowe it up in when it

is Cold it will be in a Iely

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A Recipe how to make metheglin

make your water as Sweet with honey

as will bear an egge Lett it boyle one hour

Scuming it uery well when it his Cold take 3

or 4 ears of wheate and dip the in ale east

and So put them into the barrle when you

See it has done working Put in your bagge

of Spice bruising it Let your Spice be genger

and Cloues you must guess your Spice accord

ing to the quantity you make and so stop

it Close twill bide a quarter of a year or

more before it is fit to bottle

16 quarts of rasberis Steep, in 4 quarts of Shery

Then boal 9 galents of Spring water with

20li of 7d suger skim it uery well then pour

the rasberis into a Tub and Put in the water

Couer it up uery Cloas & when it is all most

Could Put in two ir 3 Spooonfuls of barm

in a Little dish soe Lett itt Swim about

In the dish

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A Good recipt for the Dropsey

Take a peck of the ould measure of the Leaues

and tops of Black Aller and boyle it in Seuen

or 8 gallons of Ale and Cleans it and work

it as other Ale & when it is Ready to be

Stoped of ginger brused at 4 days end you may

make it your constant drink if you make it of

The bark Less will Serue appruued by cousen

Northcote a Peck and half of the winchester

mesure is a pick of the ould

how to make Lemons Biskits

Cttacke a Pound of fine Suger and 8 eggs beate it

to geather anouer when your ouen is Ready Put

The rine of 2 Lemons gratid to a pound of

flower dryed Into it and backe them In Card

Pans

ffor a flux boyl Louf Suger in 3 pints of

watter till one be consumed & Drink it

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How to doo a whit frigisye

Flea your Chickins Let them Lay In water

to Soake out the bloud then Put it into your

Stew pan with Sum buter and Spice and

Let it Stew a good while then Put Sum

Cream and Lett it Stew a Little Longer

then thicken it up with buter and the

youlk of a Egg and Leamon to Sharpen

If itt

To make yellow water

Take four Quarts of brandy halfe a pint of

Popy water halfe a pint of balm water and

halfe a pint of Rose water two pound of

Rasions of the Sun Stoned 2 ounces of Sinamonn

halfe on ounce of Liqourish two nutmegs one

ounce of Caraway seeds brused one pound

of Loaf Suger three peny worth of Safforn

Put all in an earthen pot Steep it nine days.

Stirring it euery day then Straine it

and Bottle it for your youss.

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To Pickle Gilleflowers

Take halfe a pound of Suger and as much

Salt mix it then Lay a Laine of gellefloers

and a line of Salt then Put ouer them

halfe a Pint of red wine and Set it in

a Cold Place

To make a Stake ffleruntine

Take a neck of mutton and Ioynt it in euery

Ioynt beat it then Season it with mace

marioram time nutmeg and Salt, halfe

a pinte of fear water 2 Shallots couer it

ouer with Past

To Make force Meat

Take a Pound of ueal and as much Suet

Shreditt Small and beat it in a morter season

it with mace Peper Salt Sweet mariorom

and time break in to it 2 eggs a Little white

bread greated one Spoonfull flower So make

it into bals and some into Sassages then

it fitt for youse

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A Receipt for the Scuruy

Take a peck of the youngest scuruy grass

Lett it be picked and washed Clean, take

all the Iuice that you Can gett and Lett it ouer

the fier and Put into it two or three

Spoonfulls of honey you need not Lett

it boyle but when it Ready to boyle scum

it Clean when it is Cleane Scummed

Put in to it halfe a pinte of white wine

and Squees into it halfe a dosen of

Oranges then Strayne it and when itt

is perfecttly Cold bottle it Take Six

Spoonfulls in the morning fasting and as

much about fower of the Clock in the

Afternoon Using exercise after it

Probatum est

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To make A great Cheese

Take six Gallons of new milke and a

Gallon at Lest of Cream and Sett it A

Runing as hot as wrme from the cow and

Breke it Sofe as Possable you Can and

Geather it with your hand and Lett of

the wey as Soon as you can from and

wreng in the wreng as dry as Possable

you Can and then take it of and

Breck in the tub with 2 handfulls of Sale

and halfe a pint of Cream as small

as if it wear for Chese cake

To Mak Red Ink

Take 2 Peniworth of vermilyen and Put

it into a Lettel galyepot of water and min

gle itt to geather then tis fitt for youse

To make blw Ink

Take 2 peniworth of blwbis and Put it in

to a Lettle Gallipot of water and Stur

itt about till it is disolued

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To make a green Ink

Take a Peniworth of verdigreace and

Put it in a Lettle bottle and take a

handfull of Rue and Put a Spoonfull

of milk in it and pound it together

and take the Iuse of it and put into

The bottle

To make a yellow Inke

Take a peniworth of booge and pound

it small and Put itt into a Lettle

Bottle and Shake it about till it

tis disloued

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For A Scall

Take the Iuce of hors dong anoynt

the Scall with it then Laye a fine cloth

ouer the Scall anoynt the Scall with

the iuce a tope of the cloth uary ofton

in a day so contuny wetting the cloth

till the cloth begins to Sitt hollow

which may be in 4 or 5 days then take

the cloth of and wash it clean with

Kow Cream and oyle beat to gether

with a Spoonefull of Clean water

then Laye on a Plaister made withg

hoggs Lard and Sheeps dong boyled

to gether so Straien it into Clean

watee Take it up and rowell it to gether

and keepe it for your youes, dres the

Scall twice a day for 2 or 3 days

Then once a day till the Soar heals

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To make black Churry water.

Take eight pound of black Churriys

And beat them in a stone morter

beat, them stones and all, then steep them

in an earthen pot with 3 quarts of Sack,

and one quart of brandy Put thereto

one ounce of Caster, one ounce of

Gallingall, one ounce Squinant otherwise

Called Cammells hay, halfe an ounce of

Spikenard, halfe an ounce of Species

Liberantes, halfe Cantrayerra, halfe

one ounce of Cardamums, halfe one of

Spicies Liberantes, halfe on ounce of

kermes berries two ounces of Citron

Peel drayed two ounces of burrage Comomit

Cowslips bugles, Cloues gilliflowers rosemary

flowers, marygold, flowers of each 2 ounces,

and Let them steep alltogether in the Sack

and brandy 48 houres, then still them in a rose

Still adding one Scruple of myrrh, so drain it as

Long as it will run, and mingle it together, add to

two ounces of lilly of the ualley

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To Make Ielly & Clear

Cakes of quinces

Pare your quinces then Slice them into ^ a galy pot

with as many of the kernells and Cores as you

Can gette and putt them in to a pot houlding about a

quart with a bout ten or twelue sponfuls of water then

tye them close up with Sasers and Broune papers

and Set the pots in a ceatell to Boyel and when

thay haue Boyled with in the ceatell of about

one houer Straine the Liquer throw a Sarg

and as you wold haue it read you must Coller

with Bankers then wayighe your Sirop take

and take the weaite in Suger beat it and Put

it in to a Skellett with as much water as

will disoulue it and when tiss melted boyle

it uery fast tell it be redy to Suger againe

then poure in the Serop Stiring it till all

the all the Suger be melted that which is

for Clear cakes must not boyle a whit

The Ielly May

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To make oring Buter

Take a quarter of a pint of Clear Iuse

of oringes a quarter of a pint of whit wine

Pare the pills of your orings then Steep it in

the Iuse and white wine halfe one houer

and when you take out the pill it in a Little

fine Suger then beat the yolks of 6 eggs uery

well and Put them into the Lequor and Set

them ouer the fier and keep Continuly Sturing

it till you find it allmost as thick as

Buter then throw it about the dish or bason

and Lett it stand all night in the morning

Take it of Lightley with a spoon and serue

it ups up as other Butter

To make the Best allmond Butter

Take a pound of allmonds Blancht them

in Could water and Lett them stand in it a

Pretey while then put them in to a morter

and beat them uery fine and euer when

you beat them Cast a Spoonfull of fare

watter in to the morter and soe doe tell

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Thay be Beat uery fine and take

them up and Put them in to a deep dish

and put them in to a quart or to of fare water

and Let them stand being weell Couered with

a cloth lest any dust fall into them Soe

strane them through a cleane napking into a

sieluer Baecon still keep them Couered then take

your strained allmons out of the napking pound

them in the morter againe

To Make current wine

Take 3 gallons of far water Put into it 6 pound

of Lofe Suger or the best broke Suger boyle it to

gether halfe an houre or better as the scume riseeth

take it of then power it out and set it a cooling

When it is allmost Could take a Lettle east and

Beat it well with 6 ounces of Serrup of Lemones stir

in it up and downe uery well with a dish in the

Liquour then take a gallon of Courrents Picke

from the stems Bruese them in a stone morter

then put them in to the Liquer and Let them

worke to gether 2 or 3 days then strine it and

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Put it in to a Barrell of a set bigness

and when it hath done workeing stop it

up your uessell most be new that you put

it in and when you bottle it put a nob of

suger in euery bottle

A Receipt to make Gaskings powder

Take the Raged of the pearle or red perle

of red corall crabs eyes of white amber of

hearts horne of each a Like quantity Lett it be

all seuerally beaten in to fine pouder & Searched

through a fine search then take as much of the

black tips or toes of the crabs clawes as of all

the rest of the pouders then weigh them severally

for that is the mene agent of the work & beat them

and take as much off the tip or toe of the

them & crabs as of all the other

Ine pouder & mix them well to gether then

make it up in balle with som Ielly of hearts

horn wherein you must Infuse some Ielly of

hearts horne more or Less as you desire to saue

the colors so let them Lye untill they be fully

dryed & then use them as you haue ocasion

This Receipt being Some words Left out you find

itt in the Page foloing

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A Receipt to make Gassing Pouder

Take the Raged of pearle or Red perle of

Red Corrall crabs eys of white amber of hearts

horne of each a Like quantitye Let it be all

seuerally beaten into fine pouder I searched through

a fine Search then take as much of the black tips ore

toes of the Crabs clowes as of all the rest of the pouders

for that is the meane agent of the work and

beat and search them as you doe all the Rest of the

Pouders then weight them severaly and take as much of

the tips or toe of the Crabs as of all the other fine

Pouders and mix them well together then make up in

balls with som Ielly of hearts horne where in you

must infuse some Ielly of herts horne more or Less

as you desire to saue the Collers so Lett them lye

untill they be fully Dryed and then use them

as you haue occasion

The Crabs tips or toes may be had before they be

Boyled it is So much the better other ways they may

Serue being boyled so the Crabs be in season and it

is in September and in the month of may being

finely shauen or scraped may be taken in a spoonful

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with a nife the pouder being finely shauen

or scraped may be taken in a spoonfull of Dragon

Water or Cordiall water then Drams at a time this

wash down with another spoonfull of the same water

for a Childe 7 drams may serue

The Vertuess of the gaskings Pouder

It his good to put forth the small pox and to put

forth other disseases it heals the scurfe it is good

for thouse that haue the Consumption if it be taken

in seaon for a good time together it is excellen

in all burning feawers and giues in all surfetts

to exple poison it serueth to exple the uehemencye

of the pestilence and plague Lady Rolle

A Receipt for an Ague

Take 6 spoonfulls of plague water the yelk of

one egge and halfe a nuttmeg cut mix it and beat

it well together take it first at the coming of

the Cold fitt and use as much exercise upon it

as you can if a 5 days ague take this 3 times

if a second twice if euery day then take this

3 times if it once but a duble proportion

of the plague water Lady Rolle

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A good Recept of milk Water good for the Stone

Take a gallon of new Red Cows milk steepe

in it a handfull of marchmallo roots fennel roots

Parsly roots an handfull of Pelitorye with the peth take out of each a

hanfull of horsradish root, one handfull pelitory

The wall, an handfull of feild time som Liquorras

slice the roots & lay them in the milk withthe Reast

all night and steep them, still them with an ordinary

still with a soft fire then take 6 spoonfulls of

the milk water and 6 spoonfls of white wine

a peece of nutmeg sliced and warme it blood

Warme and sweten it with sirup of althea

Probatum Lady Rolle

To make sweet water

Take a good handfull of Damask & red Roses

good store, of pink Leaues a handfull, of sweet

margoram a handfull, of sweet bryer Leaues a

handfull, of muscouie a handfull, of orics and

a handfull of beay leaues and a Little Lavender

an ounce of Cloues being beat & a greane or 2

of musk steep this in 3 pints of sweet worte

made for ale unboiled and Lett them steep 3 days

and then still them and when this tis stild Lett the

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Water stand in the sunne to Refine

Lady Rolle

A uery good Watter for the stomack

Take minte warmewood sage & haue of each 2 hand

full steep them in 5 pints of sack all night Put

them in an earthen pot Still them in an ordinary

still drink it at any time being made pleasant

With suger Lady Rolle

An Excellent Watter for Sharpness

of urin

Take a Potle of new Red Cows milk and the

Whites of 16 new Laid Eggs beat your whits

Extreamely well then mingle them with the milk and

Distill themfo besure you burn it not so drink of

This euenings and mornings with fine suger this

will alloy any heat in the back and bowels

and Kidneys probatum Lady Rolle

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For sore eyes

Take of suger a candy one ounce being Beaten

to pouder 2 spoonfulls of the Iuce of housleek being

finely clarified Put them into a Glass Bottle

to gether stoop the glass uery close and Lett it

Stand in cold water 24 houres then it will be

a perfect Cleare oyle take there of 3 or 4 drops

for each eye at a time anoynt them with

a feather truly aproaued Lady Rolle

a Watter good to wash a wound that hath

Dead or Proud flesh

Take a Gallon of Runing Water a good handfull

of sellendine a good handfull of red sage a good

handfull of woodbine Leaues boyle all thess in the

Water tell it coms to half a gallon then straine

the herbes from the water then put into it an

ounce of graince 2 ounces of Allome one pinte

of honny then Let it boile to a quart then straine

the grames from it and put it up in a glass

for your youse Lady Rolle

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[ Accompanying note with the page ]

To Make Yeallow Watter

Take fouer quarts of brandy: half A pint of

popoy Watter half A pint of balm, watter

and half A pint of Rosewatter, two pound

of Reasons of the Son, Stoned, two ounces of

Sinnamun half An ounce of Liquorish, two

Nuttmegs, one ounce of Caraway Seeds, bruised

one pound of Loaf Sugar 3 penyworth of safforn

pott all in an earthen pott, steep it Nine days

Stiring it Every day, then straine itt & bottle it for

your vse

the steell wine

Take of Genshan, Slict half A drachm, of

Roman wormwood half A handfull, of Cardemum

seed two drachms, Pouer vpon them A pint of

Scalding Watter, & Lett it stand vpon the Ingre

diants, 2 or 3 houers Then pouer it off, & add

half A pint of Steel wine; two ounce of

Compound wormwood watter of Compound

Spirit of Levender two drachms

Take 5

spoonfulls in the morning

and att 5 A Clock in the Afternoon

to make the steell wine

Put 2 ounces of the fillings

of steell & put it into a

pint of sherry shaking The Bottle for nine days, once a day

& then fillter or strain it out, clear as possible, either

thro Paper or a thick woolin Bag

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A Recept to make the Red Pouder that

maketh captain greens Wound Water

Take one ounce of Champhier thinly scraped

as you can soe Put it into a Caleineing pot then

Put in 4 ounces of white Capprass finely beaten

and searched throw a Lawne serch put your Pot

into a Chaffindish of small coales and soe

calings it with a gentle fire couering the pot

with a paper that noe stume com out these

Ingredience at first will turne to water and

afterwards hardine and Congeale to a stone feeling

with your finger one the top of the pot and it

uery finding it uery hard you shall know it is

fully caleined and when tis cold break the pots

and take out all that is in it scraping the cham

shier which you will find one the paper stickink

there Like white pouder into the Rest there

Beat this consolidated matter uery fine and

serch it as before then beat 4 ounces of bolearmeneck

Lett this alsoe be serched then put these to the

others incorporating them throwly together

in a morter

halfe an ounce of this pouder will make a quart

of water if it be for sores a wine quart if for the

eyes an ale quart

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When you make this water first make your

water Boile then pout in your pouder stiring it about

till tis could then put it into a glass grounds and all

and stop it cloce and when tis cleare use it the

grounds preserue it and keep that water in its full

force and therefore if you Would use it in the morning

you must shake it ouer night and it will be

Cleare by the time you use it Lady Rolle

ffor the yallow Sanders

Take hearts tongue Dried and made to pouder

and mix it in doe and bake it and of the same

Pouder put into his Drink or boile the herts in the

strewing of his drink and Lett the sick party haue

noe other Bread or drink but this with his meat

To make Pottaidge

Take a Leg of beef and put it in the pot

and couer it stingers a bout with watter put in

three oinions a handfull of hot peper some mace

a nutmege in quarters and the botims of 4 or 5

manckells soe Lett all these boyle together 3 houres

then put in a nockell of ueall 2 beefs pulets being

slickt uery thine heauing ben boyle tender and

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skind Day befor put in also of sorrill

Littis Spindg of each one handfull of parsly

2 handfull Choruill half a handfull then Lett

it boyle one houer and halfe Longer then

put in horse meat balls and berly halfe an heuer then

take it of the fire and skinn of all the

fatt as clein as you can and power it into a

stew pane ouer chorcolle fier and put to it

halfe a pint grauy being thicked with

two yolks of eggs being well beaten furst

then beet the Eggs and grauy uery well together

and power it into the Rest containaly stiring

it uery quike till the rawness of the eggs be gon

soe sarue it vpe some tims for chang cut

in cowts and toumups cut in square pees

Take a Pice and put in the britho and vp

serue hrine tins cabbg fott ching

Breuse 5 cloues of Garlick and put it into

a fine Ragg and Lett it Ly 12 houers and then

Putt it into about one pint of spring water

in the winter time doe in courage it with

a small glass of canary put it into the

Water as soone as it is Bruesed

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Derictions from Lady Paulett how to use

my Lord Pembrok Balam

Take the Bigness of a hasel nut take some

Broth after it or some maligo sack you must

fast 2 or 3 hours after it take it night and

morning, or if you cant doe that, take it either

night or morning you may anount you chest

and where your paine his,

How to make sage Wine

Take ten gallons of spring water and boyle it

and take 2 buchells of sage pickt from the stalks

and three score pound of allegant Reasons pickt

from the stalks and Chop the Reasons and sage

together and when the Water is cool enough

to put in your hand put in the reasons and sage

in a Large veseel or Iar: stirring it 2 or 3 taimes

a day then press out the Iuse and barrell it

for 3 months and then bottle it the sage is

best in Iune the Liquar and sage must stand

a week of more

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The tinture of Woormwood

Dray the Weormwood when tis in seed soe

strip it of the stems and Putt a good quanity

of it in a Large Iuge or mug, so boyle fair water

a full houer andput it in scald hott on the

Woormwood, stop it up Close, and Lett it stand

till next day, keep it for your use when straind

take of of one childs spoonfulls in a glass of alle

is anough for ocason aproued by the Lady Lear

Take a Liue hair cut it up and take the blader

out and put the Liquor hott into the ear fill

up the ear full, soe stop up the ear with black

wool this doe 3 times

Take 5 or 6 Dropts of the Balsam of Capoiuia

mixt with white suger into a coable of pills

and taken in the morning for 3 or 4 mornings

Take ^the herbe caled a starr of the earth and scraped ^the roots then

Boyle in milk, and as much as Lies on 6 pence

of crabs clows all ^ call sigred, giue to dogs good to preuent

madness in dogs when in danger or Rhanes

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Lady Wreys Dyett drinke

Take of China Roots thine sliced three

ounces sarsaparilla cutt six ounces, harts horne

and Ivory shaueinge of each one ounce,

ground pine 2 handfulls) sweett fennell seed bucke brane one handfull

Bruised halfe one ounce of sassaphras, one

ounce of Reasibs if thge sun stoned three

ounces of Crude Antumon ^ Antimony tyed up in a Cleane

Ragg four ounces, Infuse all these in ten

Pints of Water spring water for the space

of sixteen houres then Boyle it to 3 quarts

after it his Colld strayne it for your use

A slight receipt for the green sicknes

halfe, an ounce of preperied steel

a quarter of an ounce of allios powder

the Like of Liquerich powder, mixet

it well togeather in a brass morter

and put one spoonfull of ale. so mex

it up in a mass together so Role it up

in too pills midle sised Rub yoovr

hands with powder of Liquerich take

5 going to beed till all are tacken

eat no milk or chees during this course

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A Recept for the kinge euell

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The powder for Conueellsion fitts

one ounce of Dead mans scull one ounce

of Ion Iention Roots and one ounce of

single peioney Rootts, Add to these two

ounces of the afterbirth. of a woman

all dried, and made into powder

wich for a Child must be tacken, as

followeth the morning befor the full

of the moon the working it tiss full

and the Day after in a spoonfull of

black Cherry water as much as Lyes on

A two pence

for a Coff

Take 2 ounce of the pulp of Reasons of the sun

2 oounces of Consarue of Rosses 2 ounces of surupp

of uiolets i ounce of white suger Candy 40

Drops of Speritt of Sulpher & a few Drops

of oyle of Uittorell make this into an

Electuary & Lett her take the bigness of

an nutmegg 3 tims a day, probatum Doctor peddy

for couoltions fits or anny other fits

tacke half an ounce of a salt a safebaba & Bruse

it uery well put to it a quart of the best Brandy then put

In as much wood suet as the Bigness of an Egg shake

all this to gather for two days & then when it is setled

giue to a man or woman a quarter of a spoonfull

if it in a litell small bear or half a spoonfull

if the fits be uiolent 10 drops to a child in themounth

Mounth

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ft fort t loat loaf

t

[page 135]

the fine leamon creame) Mrs rost

taake the pills of 2 leamons & steape steep : it

In a point of watter ouer wan night taake half a pound

of louef suger with the Iuce of 7 Leamons

the whits of 7 eggs stir them not bate them

so mixe it all togeather & strean it

through a Iellye bagg then put it ouer

a genttell fier & keep stering of it till

it begins to grow thick it must not

boyl then put it In your dishes

A good Receipt for an ague

Take Dry Lawrill leaues & dry 'em in an ouen &

Powder them & let the party take a spoonfull

of it about an houer before the fitts if they

are Inclined to uomitt, giue it longer before

the fitt, 3 times comonly cures them

Iuly the 5th 1709 Mrs Rolle

A receipt for the Kings euill

Take dryd wallnutt leaues & make it into

a sort of Tea which boyle hot watter on it &

drink for your constant use sometime, & nothing

else; & if any swilling put the leaues on it

keep some dryd for your use

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for an Inward Impostum

Take the Iuce of Xip Royall or catt mint,

& the Iuce of penyroyall or organ 4

spoonfulls of each, to 4 spoonfulls of

Brandy; take of this 2 spoonfulls euery

morning fasting & 2 in the affternoon

& if at any other time they fall it rise

to the throat take a spoonfull at any

time; & if it breaks take as much

as lyes on 6d in pouder of Rosam in warm beer

allso as ys rosome is good for a stitch or pai

pains in the stomack or side mrs Rolle

for a bite of a mad Dog

Take flowers of Saint Iohns wort taken in

their prime make 'em in fine powder

an an equall quantidy of snake root

pouderd the doses not under a scruple

nor aboue a Dram; for a dog a dram

a Horse 2 drahms ^ it must be taken befor

the 9th day after theBite bite

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a gargle for a childs mouth the thrush or

other soar mouths; Sir H. Norsted for mr michell Cole

Take the Inner Bark of an Elme boyle in

fair watter till a 3d part be consumed

Sweetned with Honny

allso another medicine of the oyle of the

whites of an egge mixed up with some white

sugar candy pouderd; october 1711 mrs coles child

or surrip of mullberys in Plantin watter

but as good as any is salt of Prunnella

in Red wine to gargle or wash the mouth

I knew curd a persone had holes in their

tongue

for an ague Mrs Cole november 29th 1711

take as much of your stone Brimstone as lyes

on a shilling pounded smale in a pint of

warm milk an houer before the fitt & either

dath affter 3 times; allso good for the Piles

another Receit mrs E Northcott ;

a cup of nance Brandy made uery souer with

Iuce of Lemons, a less or greater quanitidy for

according to the age or stringth; take it

once or twice or 3 times; an houer before the

fitt & street affter its for chilldren wine instead of Brandy

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to make lossenges for the Piles aproued mrs Cole

Take an ounce of flower of Brimston

to 4 ounces of Duble Refined sugar & A

penyworth of Gum Arraback disolued in

orring flower or Rose watter; mix it up into

a past & cutt it in lossenges & eat 2 or 3 at

a time as occassion; this has cured those

whenthe physiceans had faild of succes

Mr Ioans Rare Receipt to make Ink

Take a pound of galls a pound of Coppris

& half a pound of Gum Arabick;

4 ounces of Allam an handfull of salt

one handfull of sugar, put all these

grosly pounded into a gallon of Rain

watter & lett it stand a week at least

but the longer you keep it the better it will

be only you must be carfull to stirr it often

or else a white scum will arrise which will

take away the strength & blacknes of the Ink;

according to which proportion of Ingradients

you may make a greater or lesser quantidy

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a reseat for a spraine

tack 2 handfullsof the rite right

spear mint & boyl it in the best vir

uinegar & bath it with wollin cloths dipt in the

uinegar as hot as the y can bear it then

bind the hot mint to the spreand part

this do morning & Euening for 2 days

another reseate for a spraine

tacke oyle of turpintine oyle of rosis

rosis oyle of Saint Iohns wort & oyle of

alltheaer of each a like as quanitty & boyle

it togeather sturing it till tis it will

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To Make Chiscakes Mrs Means way

Take 3 quarts of new milk, Run uery Tender

& 12 eggs; only 3 whites) a pound of fresh

Butter one large nutmeg, or two little ones

grated sweeten it to your tast, allso Currence

as you please; mix the butter & curd together

eggs sugar &c with your hand

take up your curds with a scumer thin &

put it in a Hair Sieue to drain;

to make surip of Violetts mrs Woolcoombs way

Pick your violents; & haue ready your surrip, which is

a pound & half of sugar to a pint of Watter

boyled up to a surip & scumed, & lett it be cold

then put into it your picked violetts as you can

gather them till you see the surrip of a good

deep couller, then strain it out for your use

then take the violetts & boyle them up with ordenary

sugar for Glisters

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the best way to make Black Cherry watter

1714

Take 12 pound of Cherrys & bruse them

braking the stones in a Morter, then

Boyle 6 quarts of +spring Watter & pour it

Hott on the Cherrys, & when coole enough

to work (as you do Ale or Beer) put a

pint of good Ale east or Balme; to

work it; & next morning put it into

a cold still; & distill it for your use.

The Best way to salt a Gamon

You must make a strong Braine

with pump water and Bay Salt, the

brine must be strong enough to bare

an egg the Breath of half a Croun

and to eacth gamon. half a pound of

Salt Petar. Let the gamons Lay 3 week

in the brine. and turn them once

every weeke. and at 3 weeks end

wash them clean. and put them in

a Bag. Soe put them into a cheese

press 2. days. and hang them vp in the

Chimney to dry

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Stew Lamperies the french ways

Saue the Blood of your Lamperies. skin

them and cut them, in 3 or 4 peices

put them into your stewpan with

Blood and an equall. Quantity of

wine and water. some whole pepar

and salt. a whole oynion, and a

Bunch of sweet herbs, and some

fresh butter, when tis almost ready

Thicken your Sawce with grated Bread

To make an Orange or Leamon

Pudding

Take the yolks of 9 eggs and half a

pound of white sugar. and half a pound

of Butter. beat it in a stone morter

till it be very well mixted. the

vine of 2 Large Leamons. or

orranges. cut very small. stir it

with the Butter. sugar and eggs.

and put it into a dish with puff

paste, half an hour Bakes it

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To Roast a Rump of Beef

Take a rump of beef and salt

it one night. then take half a pound

of Beef Suit, and a Quarter of a

pound of fatt Backon. and a hand

full of sweet time, and sweet

mariorum. and 2 anchoviees. and

shrid it small alltogether. & season

it with Cloues and mace. and nutt

meg. and a little salt, and so stuffe

your Beef and put it one the fier

to Rost. and about half an houer

Before it is Ready. take a pint

of Elder Vinegar and a Quart

of claret. and Keek keepe Basteing of it

till tis Ready to Be took up, and

for sauce. haue some gravey in

Readyness. and a Little gratted Bread

and some of the Liquor the meat was

Basted. and give the Sauce a boyle oop

and so serve

it vp

for the whites ( Mrs Cook )

the flowers of the great eye Dasies or

Bishops weed; and as much ArchAngell

Bloath made into a concerue take; the bignes

of a nuttmeg 2 or 3 times aday, or else as Tea

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for to make the Ledden Plaster m mrs Reed

take two pound & a quarter of the Best oyle olive, A

pound of good Red Led one pound, of white Led one pound

beat well beatten into powder, 12 ounces of spanish

soap, Incorperat all these well together in an Earthen

Pott well glased, before you put them to Boyle, and

when tis well encorperated that the soap cometh upward

put it upon a small fier of coles; continuing the fier

for the space of one houer & half still stiring it with

an Iron Ball upon the end of a stick, then make the

fier somwhat biger untill the rednes be turned into a

gray Couller; but you must not leave stirring untill

the mixture be turned into the Couler of oyle or

somewhat Darker then Drop it upon a Trencher

if it cleve not to the Trencher but to the Finger

it is enough, make it up in Roles; it will keep

20 years the oulder the Better 1717

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

Take half A Pound of Bees Wax, & half A Pint

of good meat oyle & two penyworth of Red Led &

boyle it all together In a Skillitt, stirring it with a

Bay Stick, till it be Black, all the time tis over the

fier, then take up some in a spoon & lett it Cooll. then

try to spread it & when it is boyled enough pouer

it into a pan straining it thro a cloth, lett it be

allmost cold then role it up for your use; & paper it

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To Make the Red Powder Lady Rolles Way

Take ^ a a handfull of Cardus Benedictes. the like of

Pempernall, or Plaguewort, so of scabi^ous & as

much of Turmentill, so much of scordium. So

much of Bittony. & the like of Dragon,

Chop the herbs Very small, & putt them into

three pints of the best whit wine, Close tied down

& let it Infuse, six or seven Days. stiring it

once A Day. then straine out so much of the

Liquor as will wett, a pound of fine bole:

allmanack as thick as white: pott. so put it

out in the sun till dry. and wett it againe

as before. till it take vp all the Liquor,

But in the last wetting it, put in these

Ingrediants:s viz, An ounce of hartshorn

prepared. and A Quarter of an ounce of

snakeroot, powdered, and 6d of saffron powdered

An ounce of Mithridate. an ounce of Dies:

cordium, an ounce of Venus Treacle, mix all

this in the powder. and work it well together,

and when dry enough. Rolle it into cakes, for

your use, Gitt the Venus Treacle, Mithridate

and Diescordium, that has the least Honey

in it. for often times it make it not able

to scrape like powder, but slice out

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The sticking salve for the Issue Plasters

Take of Simple Diachylem or Diapalma: Im:

plaister one pound.. Mellilott plasiter two ounces;

melt them over A Gentle fier, Then add thereto

4 ounces of the Best Burgamy pitch, strained

through A Very Course Cloath, and when almost

Cold, make it into Roles, and keep it for your vse

A Receiptt for the Ricketts Mrs cleveland , 1718

the oyntment: take 2 ounces of the oyle of Turpintine

2 ounces of Hare marrow; 2 ounces of Deers

shank ^or leg bonemarrow; one ounce of oyle of Roses; you

must melt all these things together & keep it in

a gally pott & when you use it, melt a little of it &

Anoynt the child in all its ioynts every night by the

fir; going to Bed; & chafe it well In with a warme

hand wraping warm flanin round inn

the Riott Rickett Iullip

take 7 spoonfulls of Harts tongue watter, 2 spoonfull

of surip of Iully flowers, & as much as a large Hassell

nutt of Althermio, & 8 drops of spirit of sullphier

shake it well together & give the child one spoonfull ^ at night

& one in the morning & stay 3 days between taking it

sometime this Iullip often cures without the oyntment

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the stomach Tinture Mrs Norman ,

Take A Pint of the best Brandy; put to it A

quarter of an ounce of Gention Roots thin

sliced; a Quarter of an ounce of snake roots

6 Civill Orranges the Peck cutt thin; half

a Drachm of Saffron & a little scutchinniell

Brused & tyed up in a Bag in the Brandy,

let it stand 3 or 4 days & strain it of into

a bottle take a Tea spoonfull in wine before

Diner. you may put half the Quantidy of

Brandy again on the same engredients

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a Recept for Making Bloody Water

Take half a pound of Cumfrey roots and sixteen

Handfulls of Planting leaves and pound them together

and squeeze out the iuice of them put a pound and

half of white sugar to it and boil it up to a syrup

whent it is cold take two spoonfulls of it in the

morning fasting and at night going to beg twice

makeing of this is a perfect cure

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How to preserve herring

For a Quarter of Huenderd of herring

1 Quart of s Viniges 1 Pint of Warter

a Quarter Pound of salt 1 penny Worth

Cyniman half peney Worth of allspice

half peney Worth of saltpeter. half

peney Worth Seuchanel a Lettle piper

Bake them With the Batch

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Lenatiue Electuary

two Ounces and Creme of Tartar

half a Ounce Mex'd

To be Taken Going to bed about

the Bigness of a small French

Nutt this is good for the Piles

page 1

1

To make Indian Lile

Take 1 pound of Ginger put it into salt

and water & let it lie 1 night then scrape it

and slice it and put it into a Bottle with Bay salt

and let it remain till the other Ingredients are

ready. Take 1 pound of Garlick peel & salt it

3 days then wash & salt it again then put

it on small wooden skewers to dryyin the sun.

Take white Cabbage & cut it in quarters as

large or small as you please salt it very

well and let it lie 3 days then squeeze out

the water and dry it in the sun, Cauliflower

are don the same way. take Radishes scrape

em and salt 'em 3 days & dry in the sun let the

tender tops remain on. Take Cellery as far as

Crisp wash scrape & salt it 3 days sliting the root

in quarters & dry in the sun but not much

asparagus is don the same way &c &c &c &c

The Pickle

1 ounce of fresh Capsicum either green or Red salt it

3 days & dry it in the sun. Turmeric root powder 1/2 ounce

put all into a stone Iar with a sufficinet quantity

of best vinegar almost to fill it let it stand a2 weeks

then quite fill it up & stop it Close for use

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page 3

3

To make a rich Cake without Yeast

Take four pound of Butter out of the Churn

well beaten from the Butter Milk, but

not put into Water, a little salt then

work it with your hands, till it comes to

to Cream again, then take four pound of

the finest flower, well dried, and hot from

the fire, then work it into you Butter take

a Pound of fine sugar finely searched, &

dried hot from the fire, and mix with your

flower, & Butter half an ounce of Mace, a

Quarter an ounce of Nutmegs & a Quarter

of an ounce of Cinnamom, finely beaten sever=

=ally, and put it into the sugar, then ^ have ready

thirty two Eggs, the Whites & yolkes beaten

the White must be beaten to Curds, put in

first the whites & then the yolkes, well

beaten, working all extreamly well together

with your hands, then pour in a pint of

sack & a pound of Blanched Almonds

& a pound of Currants very clean picked

page 4

and washed and plump, hot from the fire

Dried Orange, Citern sliced thin, & put

what perfumes in you please, then butter

the hoop or Case, two hours with Care

of heating the Oven will bake it, you

must see it, if you intend to have it baked

as usual, and from the beginning, untill

you put it into the hoop, the Ingredients

must not be left beating and working

together

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Harriet Heywood

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back inside cover

back outside cover

spine

head

fore-edge

tail