Notes on ownership: Both Anne and Dorothy the daughters of E. Washington and Robert Shirley, first earl Ferrers. BUT every account has this older daughter, born in 1609 and still unmarried in 1709, listed as Anna Eleanor, not Anne. Her eldest brother, however, was married to Anne Ferrers Shirley, Anne's hand begins it, and Dorothy's takes over. The older sister instructing the younger. This would make her the granddaughter of the Katherine Shirley who owned the herbal Evidence of the A's matching from the front.

Attributions in Shirley manuscript

V.a.681, 1693/4

Front flyleaf

E Cotes her Booke
E. Ferrers
her Book
Anne Shirley
[upside down] Dorothy Cotes
Dorothy Shirley her Book
1693/4

verso flyleaf
upside down
Coler Beef - ye

f. 1r
[upside down]
Dorothy Shirley
her book
1693/4
Dorothy
DS 1693/4

f. 1v
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1. ) Sawce for a Hare
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22) The Eye Water
23) Talk Take
24) Sauce for a Hare
25) Take Sorrell or Parsley or any other good Herbs, 2
26) Eggs boyled hard, shred ym both together very small,
27) put to ym a good handfull of Currants, fill the
28) Hares bell with this, and roast ye hare with this
29) in it, & when it is roasted take it out, and put
30) to it Veriuce, butter and sugar as you like it, &
31) so serve ye Hare on it./
32) To dress a Carp with black sauce.
33) The Carps must be taken alive, and slit in ye midst,
34) save all ye bloud, and take nothing of ym, but
35) ye guts; the Liquour to boyl ym must be half
36) water, half wine, season it wth a little salt, put
37) no more liquour to it, than will couer ye fish;
38) ye Liquour must boyl before you put in ye
39) Carps, and it must be kept boyling; then melt a pound
40) of Butter so well, that all the scum may be
41) take off; when the Carp is half boyld, pour in
42) the Butter, and season it with Spice as you like it.
the spices are Ginger, Cloves, & Nutmeg: when the fish is boyld, serve it up wth the sawce; this must be done with all speed, & the sawce will be black.

To roast a shoulder of Mutton ye French way.
Take sweet herbs and mine ym very small, grated bread, salt, ye blood of a Hen or Capon, and as much Clarret wine as will wet it; then stuff your Mutton very thick with it, put a kell over it while it roasts, & serve it up.

To stew a Calves head.
Take a Calves head and boyl it untill ye flesh will come of from the bones' then cut it into little pieces, and put it into a dish with a quart of Clarret wine, a handfull of sage Parsley shred, small with Brains, a little whole Pepper, a stalk or 2 of Mace, half a pound of Bacon sliced thin, & some pickled oysters; After it has stew'd a little, put in ye gravy of a Leg of Mutton, and when you think it almost Engough, put in half a pound of Butter and stir it till it be very thick; then lay sippets about it, & serve it in, but season'd with salt to your Taste.

To preserve Walnuts.
Take Walnutts green before ye Shell is harned, prick ym through & through wth a wooden Bodkin in 2 places, and lay ym nine days in warm water, shifting ym twice a day into fresh water, the last of those days take ym out, and boyl ym in many waters till they be tender, and ye Bitterness is quite gone; yn to a pound of Walnutts, take a Pint of Sack, and a Pound of sugar, and stick through every Walnut (in the holes that hew made to water them) a Stick of Cinnamon, and a Clove or 2, and preserve.
them leisurely and throughly in the syrup of ye Sack, wch will be best done at twice./

To preserve Apricots.
Take the largest Apricots ripe, pare ym and put ym into fair water, then have water boyling hot and scald ym, let them not lye too long for fear they grow too soft, then drain the water from them, having at the same time a pound of Sugar to a pound of Apricots, ye Sugar must be wet after Candy with a little Gum Arabick in the water, boyl your Apricots gently, put them in hot out of the water one by one boyl them carefully and set them by, afterwards put ym into Pepin or John Apple Jelly./

To make Bolonia Sausages.
Take the fillet of a fat young Hog, and chop the flesh very small, cut ye fat in small pieces, a good quantity and mingle it with the flesh; then season it with a good quantity of Pepper grossly beaten, & Salt, take a good quantity of Sage well chopt adn mingle therewith, yn fill this meat in ye biggest Beasts guts you can get, and when your Liquour is seething hot put ym in, and aftera warm or 2 take ym up again, and scrape ym clean, and let ym lye awhile upon a board: yn put ym upon the fire and let ym seeth softly more than 2 hours, and when they are cold hang ym in the smoak, untill you think ym to be throughly dry: then you may keep them in a dry place, or spend ym as you please./

Puddings.
A Quaking Pudding.
Take a Pint of good Cream, & Nutmeg out in quarters a little whole Cinnemon, and boyl ym altogether till th Cream be very thick; then take it from the fire, and take the yolks of 8 Eggs, and the whites of 4 of them, sweeten it with fine sugar, rose water, & a little salt may be put in: then butter a Cloth, and
shrew a little flour upon it, then put it into the cloth, tye it up close, and so boyl it, and when you take it out of the Cloth, pour Butter upon it and Sugar./

An Almond Pudding
Take a pound of Almonds and beat them with a little Cream, ye Yolks and whites of 6 Eggs, ye Marrow of 3 bones, & a pint of thick Cream; mingle all these together with a little salt, mace, rosewater, fine sugar, Musk & Amber if you have any; so put it into a Dish & Bake it./

fol. 5v
7
A Receipt to stew Mushrooms
–
Take them and pill them well & put them in salt and water twice then take a little water & Boyle them then take sum anchovis and Brown gravy soe mix them vp pritty thick with dryd gratered Bread. ////

To Rost a Rabitt with oysters
–
Wash your rabbits and dry it well then take half a pint of oysters put them into thr erabbets belly three or four shallots put shreed whole pepper large mace tow or three spriggs of thyme and a few Cappers sow up the belly: as for sauce take a littell gravy and the iuce of a lemon; disolue one anchovi in it then take out all things in the belly (when rosted) & put to it; then beat ti up with butter or the yolks fo eggs. so sarue it up. //

fol 6r
8
To make jockolet biskit
Take one part of jockolet and 3 parts Suger grater the jockolet and sercse the ghuger finly then take the white of a egge & beat it to a froth; take the froth and mixe themby degrees till it comes to be a thick past then rolle it out and Lay it upon pappers whear shuger has ben serossed and cut them
in shapes as you like so bake them in
a coull oven.//
To make marrow bone pastys
Take the marrow of the greatest bones, & when the
bloud is soaked out shred it small as little beans
or great peas; then take the yolks of two hard
eggs and shred them small, take a good quantity
of Currans ready boil'd and mixe it all atgether
with the marrow, season it with a little mace,
a pretty deal of Cinnamon and Sugar, a spoonfull
of Rosewater, and mix with these the yolks of

Two raw eggs wth a little salt: wth this Quantity I make
six Pastys, the pasty is ordinary, you may fry
in a hot pan either with butter or beef Lard.

To make Pease pottage
Take three pints of white pease, boyle ym in 5
quarts of water till they are very tender, then strain
ym through a Cullinder; put to them a good handfull
of Sorrell, & a whole penny loaf; let them boyl
an hour, then season them with salt, and put to
them a pound of butter: stir them well together
and serve them with the loaf in the middle of the
dish, and lay some sippets on the side of ye dish.

To stew Ox cheeks in an Oven
Take the cheeks of an Ox, and break all the bones
in the flesh, then soak ym well in fair water, &
wash and drain ym clean from the water; take a
pound fo beef suett shred very small, also large mace
and whole cloves, half an ounce of Pepper some beaten
but most whole, & a good quantity of salt; then
take a large earthen pan and lay one cheek by ye
other with the fleshy side downwards rubbing ye seasoning
well into them, also take six small large onyons small sliced
and put into the pann. you make take more or less
seasoning according to the bigness of the cheeks, set
the pan in an Oven close stopp'd, & let them stew 5 or 6
hours, according to the age of the Ox more or less; 
when they are very tender stew'd, take all the loose 
bones from them, and serve them up with the liquor 
in them: to the seasoning you must add a pint of 
Clarret wine and a quarter of a pint of whitewine 
vineaguer, wch must be put into it before it go into 
the Oven.

–

To stew a Rump of Beaf.
Salt a fat rump of Beef, and put it in your poudring tub 
two or three days, then take a pottle of fair water 
and boyl it in, and when it is half boyld take it up, 
& stuff it with beef swett or marrow, you must take 
a little tyme, parsly, sweetmarioram, pennyroayll and 
chop them very small together, and season it with a 
little salt, pepper, cloves, mace and nutmegg, then begin 
well beaten stuff your meat with them, then put it into 
your pot again and cut a handfull of Lettice, and put 
in the pot, when they have boyld a while then you

must take a great deal of spinnage, marygoldes and a little 
endiff, and cut ym but a very little, & put them in 
when the beef is almost boyl'd, then season 
the broth with a little Vineager and Clarret, then put 
a good many sippets in the bottom of the dish, 
put your beef upon ym and the broth upon ye beef 
to serve it up./

Apple Tansey.
Take 12 pepins pare and slcie them from the core, 
then take a little sack with some Rosewater; put 
it to them, so set them to stew till they be so 
soft that you can beat them in a Dish; then 
take 10 eggs, whites and yolks together very 
well beaten, half a pound of Sugar, and as 
much parsly as will make it look very green; 
then beat the eggs, sugar, and this iuice together 
very well with some nutmegg also and a little 
salt; then take almost a pint of thick Cream 
and put in your apples; beat all this well 
together and fry it with sweet butter like a 

Tansey, & serve it with Sugar scraped on it.
Oatmeal Cawdle
Take a pint of whitewine and a pint of springwater, let them boyle till the scum be taken off, then put in 3 spoonfulls of oatmeal picked and washed let them boyl a quarter of an hour; then put in 6 branches of Thyme, 3 of rosemary, 3 of sweet marioram, a few tops of balm, & five leaves of red sage, tow large mace, and the bottom of a manchett. let all these boyl till the drink taste well of the Ingredients, sweeten it to your tast, and strain the herbs from the Liquour, but let ye Crust of the bread be in it still. / 

To make Rice Pancackes.
Take half a pound of Rice clean pick'd and wash'd, boyl it in fair wat until it be a jell-y, when it is cold take a pint of Cream, 8 eggs, yolks and whites, the treads being clean taken away, and beat them with your Cream, when they are well beaten mingle it well wth your rice and salt competent fol. 8v 13 and Nutmeg. If you please then stir in half a pound of butter froth melted, and as much fine flower as will make them thick enough to fry; then beat all these together very well, and fry ym wth as little butter as possibly you can.

Cowslip wine
Take to 9 Gallons of water 14 pound of sugar boyl your water and sugar very well for the space of an hour, having put into it the whites of 6 Eggs new laid and well beaten, scum it constantly all the while it boyls, then take it and put it into a tub that is clean, then take a basket of fin pick'd Cowslips, and beat ym in a mortar, and put ym to ye Liquor, squeeze them very hard, then take the sweetest and thickest Ale yeast, spread it on hard tosts of brown bread on both sides, when it begins to work put in 2 or 3 bottles of sack and a bottle of Rhenish wine, and also the iuice of six Lemons, wth some
of the peels; afterwards cover it close, and
let it stand a day and a night, then strain all
these things out, and put it into a Runlett fit for
the Quantity you made, after it hath stood 2 or 3
weeks in the Runlett, draw it out into bottles
and put a Lump of Sugar into each bottle, then
cork ym up well, after it hath stood a month
drink it when you please: it will drink a
year very good./

To bake Venison or beef to keep all ye year.
Take a haunch of venison and take out the pestle,
it being the sinewy part of the legg ahaving a large
fillet as you do of veal, taking off the bones
as clean as you can from the flesh; then take
pepper, nutmeg, clove, the least of your spices
being the sweet spices, and the least of all
Cloves, mix your seasoning altogether stopping
your Venison therewith as you would beef wth parsly,
then roll it up close together and put ye fat side
towards your

of your Venison downwards into ye pot, covering
it all over wth 2 pound of fresh butter, then
cover it with a platter and stop it up close
wth past; then put it into the oven it being
as hot as for venison, letting it stand in the
oven an hour longer than you would a pasty
of venison; then draw it out and open ye pot,
and lay a trencher on the top of your meat,
as it swims sinking it down wth a weight,
till the butter cover the trencher to let it
stand till it be cold; then lay on your
platter again and keep it so./

Minced pyes of Neats tongues.
Take 2 tongues and half boyl them, and when
they are cold pare ym and mince them very small
take 4 pound of beef sewett and mince it very
small by it self, then blend ym together, and
mince them, put in nutmeg, 2 pound of currans,
& a pound of raisins of ye Sun, Sugar and a
little Rosewater and veriuice and an apple or 2
very small minced; put in a few arraway seeds;
and a little Orange peel, & if you please, Salt./
To make Orange bisket.
Take two or three of the thickest rined and the deepest
colour'd Oranges, and grate ym wth a fine bread grater
but not too near the white, beat them in a stone
mortar then have a little gumdragon steep'd in clean
water, and put in as much as a nutmeg and beat
it in the mortar with the oranges, and put as much
relin'd sugar finely searsed three times as will
make it in a past, and rawl it out and make it
in what fahsion you will./
To make an Eele pye liek a Lamprey.
Strip your Eele and lay it in red wine vienager, &
salt three or four days, then season it with nutmegg,
ginger and pepper; pill a great onyon and set it in the
middle of ye pye, and lay the Eele round it; then
cover it wth good store of butter and serve it in
cold. These will keep a month./
fol. 10v
17
To make an Orange Pudding
Take two Roanges, grate off the yellow peel, then take half a
 pound of butter & melt it to wch put in half a pound of
hard sugar, beaten & the Yolks of eight Eggs well beaten
then put altogether, & cut the Oranges & squeeze in the
juice & put it in good past in a dish, then put it in
the Oven wch must be as hot as for Tarts, & an hour
will bake it.//
To pickle ripe Cowcumbers
Take 4 dozen of large ripe Cowcumbers, pare & slice
them a little thicker than for the Table; put them
into a Cullender to drain wth some salt, & two or three
Onions cut, let them drain 30 hours, then cut 20 large
Shallots in slices, one ounce of whole white pepper,
lay a thin row of the Shallot & pepper & salt, then
lay a pretty thick row of the Cowcumbers, & so lay the
Shallot & Cowcombers till it is within three fingers full,
then put in as much of the best white wine Vinegar
as will cover them and an inch over, then cut white
paper the shape of the pot, & lay it close to the Cowcumbers,
pour Oyle on the top & tye it down close, & keep it in a

fol. 11r
if the water boyl away it must be filled up with hott water and not with cold: then take them out and drain them as you can, and cutt them in foursquare pieces, take out the strings, then take the Iuice and Pulp, and mix them altogether with the Iuice fo a fresh Orange, and a Lemon, put to three Oranges one pound of sugar, & boyl it up to candy height, as for clear cakes, put itinot broad glasses, and when it is candied over, lay it on heaps upon glasses like little Rocks.

To make a plain Iced Cake.
Take two pound of flower well dried before the fire, half a pound of sweet butter, half an Ale pint of Yest, & half a pint or more of Cream, the Yest must be beaten and the Cream boyld, and when it si to cool as not to scald the Yest, then put it in and melt the butter in the cream, mix it together and temper the Cake, and lay it before the fire to rise till the Oven is hott, which will be about an hour, then putt in ^three quarters of^ a pound and you may add a quarter of a pound of Orange & Citron sliced in, to mix it up lightly with your hands; it requires an hours baking.//

To make Cowslip wine
Take 7 gallons of water, put to it 16 pounds of fine powder sugar, let them boyl very well scumming it all the while, take 3 pecks of pick'd Cowslips, – beat them in a mortar very small then set your liquor to cool and when it is warm as new milk put in your Cowslips, & the iuice of 10 lemons, & rind of 3, then take 4 spoonfull of Ale yest, & beat it with some of your liquor, then put ^it into your Tub, stirring it all together, cover it over wth a cloth, and let it stand a week stirring it every day, when you think it has work'd enough, strain it through a sieve, and put it up in the vessell, and in 6 or 7 weeks it will be fit to bottle, if 'tis fine. / [in different hand] you may when you put it into ye vessell put spirts of renish or whit wine.

[back to hand 2]
Beat the whites of 5 Eggs, and put into your liquor when boyling to clean it. The same for ye Mead
To make Mead
Take 4 gallons of water, 8 pound of honey, boil them well together, 3 ounces of Ginger, 3 nutmgs, cut these to pieces, a few clary-leaves, and a sprig of Rosemary, put these into a Canvass bag, and put ym into your liquor when boyling, let them boyl an hour, then strain it through a sieve into a tub, put in the iuice fo 3 Lemons & rind fo one, take 4 spoonfulls of Ale Yest, and beat it with some of your liquor, put it into the tub stirring it for 2 or 3 days, strain it through a sieve, and put it up in the vessell, it will be ready to bottle in 3 weeks, put a piece of double refin’d sugar in each bottle.

Dyett Drink for the Gout
Put to eight Gallons of Ale of sharp pointed dock root half a pound, of Burr-dock root half a pound, sliced, of Luniper berries an ounce to half, of Dorcas seed an ounce and a half, and two or three Sevill oranges sliced; put them all into a bag together, and hang it barrell.

To make Elder Wine
–
Take 2 hundred pound water of Maligo reasons pick them & chop them very small and put them in a tub then put to them 26 Gallons of boyling watter and let it stand a day & a night, then streep your Elder=berys & put them in a pan & let them boyl then strane the iuice from them & give it aboyl agane and take of this iuice so ordered 7 Gallons which put to ye rest & stur all very well togetther let it stand 10 days to foment stur =it every day one or twice stran it throu a hare straner & Press it as long as any will lickor can be got out, then put it into a half hogshids or 2 g" [gallons?] as you will stoping it Close let it stand till it be fine but Aplarall [April?] is soon enough to bottell ^it of it will keep
in bottell some years & you may bottell ^it in feburay, if it be very fine; .

This is ye Best way to make it.

To Make Balme Wine

Put to 8 pound of Suger 4 gallons of watter and boyl it 3 houres and scum it Clean then let it stand till next morning ^or loul^ then put 3 pound of balme topes and a pint of Barm into it & stur it every hovre that day then strane it Throu a hare sive and put it into a vesell that will iust fill it then stop it up Close & let it stand a mounth if it is fine bottell it of puting a Cupp of Duble refind suger into each bottell, you may if you like it put in ye rine of a lemon or 2 when yu put in Balme.

The Wood Drink
Sarsaperilla 2 ounces Chine on ounce Sassafras 2 drams Licorish on ounce harthorn & Ivery 2 drams boyl all teas in 2 quarts of watter then put them throu a seive and keep it to drink' tis good for a constant drink in cases of sharp youmers,

The Recept fo A Cordiall for ye Wind in young Children
Take of Black Cherry Watter & simple Pioney watter each 2 Ounces of Mint Bawm & bear Cod watter each oun ounce and half sweet fenel & camomil flower water of each an ounce, Pouder of Degutteta 2 scruples pouver of Piony Roots & prepared Pearll each on sruple, mix all thas togetther and wehn you give it the child shake vp teh Bottell
& the quantity of a large spoonful at a time; a spoonful or 2 of treacle water added to all the teas are very good and safe; this Cordiall is good if you fear fets in children which is offen ofenocasted by the wind gripes in small children.

fol. 14v

27
4 galant 2 quarts of water

fol. 15r

28
Goosberry Vineger
Take your Gooseberries when full ripe brush them well then measure them and to every quart of this mack ^mack put three quarts of water that has been well boyled and simed and is quit could again let it stand twenty foure howrese then strain it first throw A canvass and after let it run, throw a flannel bag then put to every gallon of this liquor a pound and quarter of good clear brown sugar stirring it very well before it is barrelled up about may following it will be fit to use/

To Pickle Mushrooms
Take those that are close like a Button & cut of the stemms rubb them clean with a pece of white flannel and as you clean them put them in watter, wash them clean & Boyle them in watter & salt half a qr of a hour then strain them out & put them in to watter and salt till your piccel is made for your pickle take one half wite wine the other half wine veneg^ar

fol. 15v

29
some peper Ginger Cloves mace all whole & some salt Boyle these together the same time you did your musheroms & when your Pickell is coold put it to your musheroo^ms look on them some times & if you fin dthem begin to mold take the mold of & Boyle your pickell adding more to it.
If you find occasion you may do the larger mushrooms ye same way only peeling of the outside skinns & scraping ye insides with ye pont of a penknife cut them into quarters acording to thear bigness theas are as good for sawse as ye other Glases or bottells are best to keep them in close stopt. ////////
To preserve Maidenheads
24v–39r blank
40–42 cut out
43–54 blank.
Rest of book do-si-do

Gillford Bread
Take to a pecke of flower a good halfe pint of Ale yest
the youlkes and whites of 12 eggs well beaten a quarter of a pound of butter so wet it with milk & mix it together
Seasoning it with salt to your Likings.
–
Gillford Bread [followed by 3 very shaky Bs]

Take to a peck of flour a good pint of Ale yest; yolks fo
12 eggs well beattten; a quarter of a pound of butter so wet it with milk & mix it together seasoning it with salt to your Liking
–

Rasbery wine,
To a gallon & halfe of Rasberrys take one gallone of water,
Let it stand six hours then stir it up gently Let it stand six Hours more then strain it through a hair sive workng the pulp
Through with your hands puting it presently into a closed Vessel; & to every gallon, put 3 pound of sugger then order it as your goosberry wine for closeness; & when you find it reffined drane it out , & ad one pound more of sugger, to every gallon; Lett it stand an houer or two to settle & then bottle it for your use; this allowance of sugar is very large but I think three pound to the gallon will be enough; & a Pound & halfe at first & other part when it is refined.
Goosberrys Wine
Take 4 gallons of white goosberry Ripe stampe them in a morter then put three gallons of water to this proportion of frute let it stand mixed altogether one houre (for if it stand longer the huskes will make the juce harch and unplea= sant) then Lett it run through a course haire siue pressing the pulpe with your hands that all may goe through except the hyskes & stalkes then put it presantly up into a close vessell, & to every gallon of Lique put a quarter of a pound of sugar stop it close Leaving only a hole to purge att it you may keep that hole cless till it doe purge, for are flatts it excedingly when it hath stood thus a fortnight or three weekes pears & if you find your Liquor clear draw it out & allow half a pound more of suger to every gallon so bottle it & you first pears it Let it stand for it will be clear at Last

A cream Tart
Take a quart of Cream and the yolks of 4 eggs beat the eggs well wth rose-water 2 spoonfulls, and to it you must beate halfe a pound of blanched Almonds, and wth A little of your Cream streine them to your eggs: make it Sweet wth loafe–suger; sett the Creame to boyl wth Nutmegg quartd and a stick of cinnamon, and littl^e mace when it has boyled a little take ti from the fire & stirr the eggs while it is a doing, you must have ready in the Oven a Coffin made of very fine paste, when it is hardened put in ye stuffe before it be cold, soe let it bake half an hour you must make a loose Cover cutt finely in a work of fine paste baked in a plate.  
A Goosberry Cream
Take gooseberry before they be ripe & pick off the topps fo them and the stems: and if you have a pin^te
of ym you may take a pint & half of water & let them seethe in a skillet untill they be very tender
fol. 4v
Cover them wth a dish & stirr them sometimes; and when you perceive ym to be tender, then break them very well wth a spoon in the water & when it is thick season it well wth suger keep it boyling & as you stirr it put in 6 spoonfull or there abouts of thick Creame; you must take ye yolkes of three or four eggs ye treadings & ye skins being taken away beat ym with a little Creame in a readyness and put it in after ye other Creme lett it even seethe and poure it into a dish so let it stand untill it be cold before you serves it /
fol. 5r
A fresh Cheese and Cream
Take one gallon or tow fo milke from ye Cowe; & beate three eggs, and when yor eggs are well beaten: put them into the milke, & a blade or two of Mace, and make ym boyle; then put to it a quart of Creame, and put them together into a broad pann & let ym Stand 24 hours untill it be clouted Creame; then take 5 quarts of New milke & sett it on the fire untill it seeth, then take it off & put to it a pint of Cream. then coole it untiit be b bloud warme then put to it as much Runnet as you think will turne it; then take the curds out and lay them in a Cloath, lay ye cloth in a Cullinder, & when the whey is cleane from them, temper ym wth Almond-Milke, that is onely drawn out wth Rose-water, and that there have been first in Large Mace and sliced Nutmegg steeped one night in the Rose water, & then make yor CHeese wth ye Almond-Milke wth that Rose-water: and then season your cheese wth ye Almond-milke; and
fol. 5v
suger to yor liking: then put into yor fresh Cheesepanne, and when you serve it forth, put a little rawe Creame to it, and cover ti oer with clouted Creame and so serve it upp./
A french Cream
Take a pottle of milk from ye Cowe, and putt
to it a pottle of Creame both in an earthen panne, 
adn sett it over a trivett, and so keepe ye fire all 
day, & let it stand so on Embers all night, then 
stirre in a little Rose water, & it will be tough, 
the next day when it is cold you may cutt it & 
lay it on a plate: & lay suger & sprinkle 
Rose water upon it. /

fol. 6r
A Codling Pye
Make a good thick coffin especially at ye bottom then 
take codling Apples & pare them and dip ym in rose-water & 
putt them in the Coffin endway & bake them well wehn they 
are baked take off the couer & fill them wth sweet creame 
but first seassond with rose-water adn suger & sett them into 
the oven again stopp the Oven and let them stand untill 
the creame be thick growne your creame must be very sweet/
To make Cheese=cakes
Take a pinte of creame when it boyls take 7 eggs if they 
be very yellow take out one or two of the yolks put them 
(being very well beaten) into the creame when it bouls so 
keeepe it wth continual stirring untill it be thick like curd 
then put inot it a quarter of a poud of suger & a quarter 
of currans plumpt in water then take a pound of butter 
halfe a quarter of which put into the curd then take a 
pinte of fflowre and pull the rest of the butter into 
bitts into wth 2 or 3 spoonfulls of faire water & mae the 
paste of it & when it is well mingled beate it upon the 

fol. 6v

table a so role it out into 3 square Cakes & so put 
your curd into it & make it up you must slice a good 
nuttmegg and put inot your curd. /

To make a Cheese Curd Cream
Take your Cheese curd being runn with creame & milk 
take ye when clean from ye curd then rubb it thorow a 
Cullinder season it with rose-water & suger you must rubb 
it thorow into thick raw creame first seasoned with rose water 
and suger /

fol. 7r
To make a fresh Cheese for the stroakings of a Cow
Take a Gallon of stroakings for Milk from ye Cowe
boyle it & when it is cold enough sett it together with
good runnet as much as will make it come breake it and
put it into a thinn faire cloath & when ye whey is
one & cleane runn from it put it into a bason & have
some sweet creame ready boyled & seasoned with Rose-water
& sugar you must cutt a Nutmeg in small pieces & let
it ly all night in ye Rose-water & so season your
Creame with the Rose-water & suger and when your
Creame is boyled & thorough cold then put a little of
it to your curd in the bason & breake it well toether,
then put your curd into a Cheese fatt panne when
you serve it to yr table putt some of your boyled creame
to if you must runne it pretty warme or else it will
not come/
To make a cream with Apples
Take Pippin quarter ye m & take out ye coares, and
sett ye m stewing in a silver dish wth a little faire water
adn suger & a spoonfull of Rose-watre till

tey be very tender then boyle a pinte and a halfe of
Creame and when it boyles upp take it off & putt
into it the yokes of three eggs very well be
beaten wth a little Rose-water & suger to sweeten
it then lay get apples in a dish wth sippits
about it then pour on ye Creame and being cold serve
it up yf you please you may strain ye Apples and
creame into a coffin made of paste & bake it as a
Custard/

A Sack Creame
Take a pottle of Creame, set it on ye fire, to
boyle & when it begins to boyle put to it
as much sack as will turn it like a posset
then put it into a thinn strainer till ye whey,
be runn from it, then rubb ye curd through
the strarnir into a dich and season it wth
Rose-water and suger /
A Dutch Cabbage Cream
Take 5 gallongs of new milk when is streined, let it stand
tow howies then scumm of the creame, & take ye milk & boyle
it and when it boles put it int Milk-panns, and be sure
you leave no froth nor bubbles on it; so let it stand untill
your panns be onely waime, then loosen it round about
your panns sides with a knife, then wth your fingers take
up the creame & lay it in iuices on ye bottome of a dish,
that the milk may runn from it, sett your dish Side
long yt they may dry & as they dry take ym in
a dish together & when you have taken ym all of
boyl yr milk again as before so boyl it once
more & when it has been boyl'd 3 times & yt you
have every time taken of ye Clouts as at ye ist
then put in ye cream which you scum'd of and
boyl it 3 times more as at ye ist and by that
you will have leaves enough so make a Cabbage ^yr cabbage
save all yr small pecies by them selves to make ye heart
of your Cabbage, then take hale a pound of the
best loafe Sugar small pounded and searced & then make
your Cabbage on a plat: begin with your smallest peices

To make Red Hash.
Take a Rabbet when it is well roasted, mince
it very small; take Anchovies very well mash'd
mince ym and pickled oysters, a little onyin
& Lemon minced; mingle all these together;
then beat some Oyle & Vinegar wth a little salt
& mingle with it./

A Barly Cream
Beat your Barly in a cloath to hull it as you
doe wheate, then lay it all night in water in y
morning boyle it in water, and then take it out fo
that water, & make some milke boyle, and put
ye Barly into it & let it boyle awhile; then
boley some Crawem wth a blade of Mace & whe^n
it is boyled take the barley out of the milk &
put it inot ye boling Creame & let it boyle a little,
put in a little Nutmegge when it is boyled enough
season it with Rosewater and sage./

To make a White Pott
Take 3 quarts of milke and when it boyles up have
ready a little flowre mingled wth cold milke & put
to in it must be as thick as pappe, to this quantity there must
be put 12 eggs beaten, season it wth salt suger, and a little nutmeg
when all these are stirred together, take ye quantity of an eggs
in butter; & cutt it into little bitts, & lay ym all over ye top of
ye pott, then bake it wth houshold bread you may also putt in
raisins and Currrans if you pleasel./

A Codling Cream
Take Coddling Apples & Colle ym very well and soft then
take very tick Cream but first beate the Coddlings uery soft
wth a spone then put as much of Coddling to it as you think
will make it thick enough for yor vse if your apples be
sharp put some suger to ym before you put ym ot yor Creame
or else it will curdle yor Creame and then put some Rose
water either to yor Coddlings or yor Creame and tis done/

A Biskett Creame
Sett ye Creame on ye fire and put to it a spoonfull or tow of
Almonds wch were blanched in cold water & after poundedd
wth Rose–water but they must be pounded as small as
may bee: then cut as much bisket thinn as paper as
you think [written over fitt] fitt & put it in let yor Creame boyle befor yor
put yor Almonds or biskitt into it when it has boyled awhile

The Spanish Cream
Take to gallons of new milk, & a quart of sweet
cream, & make it scalding hott & put it into 3 milkpans and hau
ing stood 24 hours then scumm of ye top of two panns &
halfe of ye third, & put it into adish and beat ti wth suger &
rose-water untill ye clotts be broken : if you like ye taste
put it into a dish you intedn to serve if up in, & tak
ye topp of ye other pann & lay it uppermost.

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A Cream
Beate & ^and stire together the whites of 6 eggs & put
ym in a quart fo the best Creame if you would be it
white, but if you would have it yellow them put in 3 of
the yolkes wth ye 6 whites, & after you have beaten ym
very well together put in a little Cinnamon & rose water
& sugar to season it: boyl ym well stirring ym cont
-ually till all be seasoned & well boled; then take it
from ye fire and streine it, if it be too thick put in a litle
of the whey: stirr it well together & dish it upp,

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fol. 11v
[blank]

fol. 12r
To stew Artichoakes in Cream
Take ye thickest bottoms of ye thickest Artichoakes
being very tender boyled, & stem ym in a little butter,
vineger whole Mace and suger, then take halfe
a pinte of sweet Creame boyld wth whole mace, streine it
wth whole mace, streipe it wth ye yokes of 2 new
laid eggs & brew ym together with halfe a ladlefull of
the best thick butter vineger & a little suger; so dish
it up & lay it wth sippets of a little lemon round a
bouy then pour it out yr sauce on ye top of ye Artichoak=
=kes and stick them all with fry'd toasts upright
scrape on a little sugar and serve i t hott

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A sack posset

fol. 12v
[blank]

fol. 13r
A very fine Cream
Take ye stroakings of a Cow & a little Creame & set it on y
fire, put a burised nutmeg & a little rose-ary into a fine ragge & boyle it in ye Creame one whalme, then take a little juice of Lemon & and wring it into it, begins to turne let it stand a little while, then pour it on a thinn Canvass, ye whey may run from it, then take fine Sugar Rose-water & Amercece a little, & so serve it upp

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To make a fool
Take butter and spread upon a dish, take 4 dates stone ym & stick ym in your butter; take a quarter of a pound of raisins of ye sun stoned, & put ym on yr butter & a quarter of a pound of currans, strew ym on it then break a Marrow bone or tow, and stick yr marrow in your dish, & strew on as much suger as will make it sweet then temper ye eggs & Creame as you would for any other fool, & pour it on ye rest of ye things, & so plase sippetts round, & put it in an oven that is not hott.

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fol. 13v
[blank]

fol. 14r
To Make an Almond Cheese to Serve with your creame Royall
Take one pound of Almonds blanche ym and bruise ym small then straine ym with ye yolkes of 3 eggs and a little creame season them with ginger cinnamon sugar and rose water then put a little little butter in the bottom fo a preserving pan while that pan is cold a nd seared a little rice flower in ye bottom of ye pan very. thinn when put in yr Almonds and set it on ye Embers there let it boyle first on ye one side then turn it on ye other and wn it is cold serve it with yr cream. /

Take a quarter of an ounce of silver Costick to 4 ounces of fare watter or some simpell distill'd Watter is better and lett it stand all ngiht then it will be fitt to use,

fol. 14v
[blank]
To make an Al
To make Cheese called Angelots

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Take 2 gallons of milk from the cow, the cream of 4 gallons of nights milk; put thereto a little runnet, yt is extraordinary good so lett it stand 24 hours, then break it together and put it into your mould and press it hard and as it sinks press it still till next morning then take it out and cover it all over with brine and make it sharp wth salt and water and let it so remain 16 or 20 hours then take it out of ye brine and wipe it it clean out of ye salt and set them to dry till they be good and hard turn them every day then take some sweet butter and rubb them all over then lay in a bed of straw rubbed every soft & cover ym well with it, looking to ym now and then for fear of moulding & shake ye straw or els it will be musty & lay on more straw ye space of 3 or 4 times leting them so remain, till you think them ready to eate, then w^rapp linen cloaths a bout them & bury ym in soft read lond you must have a care to preserve their colour or else your labbor is lost quite

To Fry Cheese-curds
Take tender Cheese-curds & fine bread & yolkes of eggs according to ye quanty of it, and some cream and rose-water, & stirre it all together then haweing grated br^ead & flower together make them in slices, & fry ym in fresh buter, & scrape suger & nutmegg on ym,

To make Almond Posset
Take a quart of creame, boyle it wth a little grated bread, wth mace & nutmegg; then take a quarter of lb Almonds, blaunch ym & stamp & strain ym into ye cream
and let it Boyle awhile, take 3 or 4 spoonfulls of Ale
and as much sack and suger; make it warme, then poure
it into yr Creame, & stirre it all ye while,
line
To make Rock Cream
Take a pint of thick cream, ye yolks of 4 eggs, & let
ye cream be ready to seeth before you put in your

take
To make Rock Cream
Take a pint of thick cream, ye yolks of 4 eggs, & let
ye cream be ready to seeth before you put in your
line
To make Rock Cream
Take a pint of thick cream, ye yolks of 4 eggs, & let
ye cream be ready to seeth before you put in your

A very good Cream
Take a quart of creame nutmeg & mace & boyle
it then season it wth Rose-water & suger & put
it in your cream dish, & let it stand untill it be
allmost colde, then put into it a spoonfull of Runnet
and serve it upp,

A sack posset without milk or cream
Take a pint of sack, a pint of Ale & 3 quarters
of a pound of suger, & set it in a bason ouer a
Chafing dish of coales wch must be blowed untill it has ye liquir in ye bason boyle fol. 17 v ferely; then have in readinesse 10 eggs whites & yolks very well beaten & strained wch must be put into ye liquir & bason & stirred continu all untill it boyle again then take it presently off, let it stand & cool half a quarter of an hour then strew on ye topp a little suger & so serve it upp If you put in a muske comfitt or two it will giue it a good sauour/

To make a Gooseberry fool Take a quart of green goosberries & put ym in a preserving panne & put to ym 4 spoonfulls of Rose=water & as much spring=water; let ym b^oyle stirring ym untill they be all in peices, in ye meane tine beat some 3 eggs whites & all and put to it a good th slice of butter and a pin of sweet ^cearm when ye goos=cherries be taken off ye fire as soon as ever you take ym mixe [? - two words written over each other] your eggs & cream to them but let them no more on the fire last yoe eggs curdle, then put as much sugar as will sweeten it, then pour it forth into a dish & let it stand till it be cold, then garnish it wth sippits if you please & scrape sugar on the top. [hand is inconsistent. It's almost like the beginning hand is given the task of some words, but the u-s are consistent.]

fol. 18r To Make a fresh Cheese Take 3 pints of milk & one pint of creame, & sett it on ye fire leting it boyles; put into it nutmeg, Cinnamon, mace, & 2 eggs well beaten, put it into ye milk when it boyles, & let it boyle a while after; then take it off the ire, & put to it 3 spoonfuls of white wine vinegar & stirre it about; then streine ye curd through a cloath, & season it with Rose water & suger, & lay it in yoe dish & put creame to it./

A sack Posset./ Take 3 quarters of a pint of sack, & put thereunto halfe a pound of suger; then take 19 eggs & beate ym
well together, then streine ym into ye sack, & set it up=
on a Chafingdish of coales, still stirring it till it be
scalding hott, then poure it into a quarter of boyling
milk, stirre ti once about, take it off ye coals
cover it & serve it up

fol. 18v

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com

fol. 19r
A roasted white-pott
Take crums of white bread & temper it with
sweet cream and currans & sugar cloves & mace ye
yolkes of eggs & salt take a pound of butter made up
so yt you may put a spi^itt through it wch must be wood
then put ye paste round about ye butter and an bind
a sheet of paper upon that so let it roast often
basting it wth sweet fresh butter when you think it
is ready take it up and scrape sugar on it –
[left margin 38]
To Make a Morning milk cheese
Take a ^gallon of^ mroning milke hot from the Cow and
put thereto a pint of cream then put in a
little runnet and cover it close and when it is
come tender take a cheze cloth wet in hot water
and wrung dry againe & put it on ye cheese fat
being also washt in hot water then with your
scimming dish put the curd into the fat and
let whay dreine from it sometimes break the
curd as little you can then put the cloth close to it
fol. 19v
[blank]
fol. 20r
round about it & let it stand under A [written over it] pound weight
a quarter of an hour put the shorter always unto ye
cheese then turn it into a clean cloth and cheesefatt
washing it with water as aforesaid and press it wth
a two pound weight then take it out & salt it and
put it under ye press of 6 pound weight half an
houre then take it and put it on a cheese fat on ye
shelf 4 days together turning it often then put
it rushes some att the bottom and some at ye top
& so keep it for a week together changing ye rushes ye every day then take out ye cheese & lay it on ye shelf turning it every day till it is ready wch it will be in 5 or 6 dats

// To Make a fine cream cheese
Take 2 gallons of stroakings and put to it a quart, of cream and a good pint of fiare water mingle them together then set it wth as much runnet as may serve ye turn when it is come be sure not to breake ye curd but tkae it up wth a scimmin-dish and put it into ye mould it will be making 3 hours and as sinks put in more with yoru skiming dish till y

dol. 20v
[blank]

dol. 21r
To make perfum'd Cakes
Take the white of an egg and thicken it with fine sugar finely pressed drop in any perfume you Like and stir it together so th a knife drope it in Round Cakes drop them upon a butterd paper thay will slipe of in 2 or 3 days /

To Bake Red Deer
Take to one stagg a qr of a pound of ginger, nutmegs cloves, mace cinnamon of each of these A quarter of a pound. a pound and a quarter of black peper 2 pound and a halfe of salt, season ye meat wth thes (let all ye spices be pounded fine)
Lay butter at ye bottom of ye pott yn strew some of ye seasoning, yn put ye meat in before rub it very well wth the seasoning; when you have filled ye potts put butter on ye top and put claret wine

fol. 21v
in, so bake it: let it stand 14 or 15 hours in the oven, then draw it, & put a plat on ye top of ye pot, with a weight in it to make ye meat sink to ye bottom, when it is cold take it out of ye potts (have a care of breaking ye meat) and drain it very well, yn put it into ye potts, again & fill it
up with clarryfied buter.
these well keep till new comes in, it will be ready
to eat at Christmas, /

fol. 22r
To Candy Orange flowers
Take the orange flowers full blown
pick the singell Leues into a basson
of watter then take them and boyl them in
A silver bason in the water Much as will
well Couer them, ^lett them^ boyl tell they are tender
then drain them through a sive take as much dube
ll Refined sugar as yer think will make a
surr^p to keep them in and putt a littell
gume Marabeck as much as a Spoonfull
being then Cleaer of itt when itt has been stop'd
ouer night to a pound of suger and some
watter bessides when the sugar and is Melte^d
put in your orange flowers and but you
must Coull the Sirrup before you putt
the flowers in & only Lett them simper
a-while so put them by tell you haue a
mind to Candy them then set them ouer

fol. 22v
the fire and when the sirrup is drained from
them stew fine suger as you do Couslips &
shake them out ouer a siue they will partt/

fol. 23r
To Make ye Orange flower Cakes
Make clear Cakes of pipins ore Codlings
and when it is ready to putt into glasses then
put in of those orange flouers in sirrup those you
Keep for Candy, sture them till they are Cold in
th Ielly, so put them in glasses, and dry them in a
Moderatt stoue,/

To Make a Sullibub
Take ake a pint of sack and a pint of whitte
wine with the juycz of a Limon and sweetened
with suger so sett it ouer the fier tell the suger
is desulved there when tis cold put to it quart
of good Cream and the whit of Eggs ore 2
whip itt and Liff and Lett it stand wher
frothed to thicken as you whip itt so putt
cheer Liokure in the bottom of the
glass and fill them with the froth
as you take them of

To Make my Lady Shirleys thick Cheese

Take 12 Cowes milke at nghi &
make a cheese of itt when you have pressed it
lay it in water all night ye next morning take
12 Cowes milke more and make a Cheese of it, and
set it in a press for an hour then take it forth
& also take that out of the water which was
made over night & breake ym in peices and rubb
ym through a rying sive, & salt it as it may
keeepe, then make your Cheese, you must have a
cloth betwixt your hands & your curd, & still
as it wetts wring it; you must stresse it very
well & when it is made lay gr^eat weight
on it: you must have a Cheesefatt that will hold
a peck to make it in; it wil not be ready to
eate of 2 or 3 yeares. but It is very good
at the years end.
two lines

To make a Rich Cake
Take xxxx Peck of flower very well dryed,
& 9 pound of Currant clean washed, dryed,
and, picked, ye night beofre you are to use them.
20 Eggs, but leave out half ye whites, beat ye
Eggs very well, and take a Quart of Cream, & 3
pound of Butter, warm your Cream iust so
much as will melt your Butter, but don't make
it hott, a Plint and half of very good Ale yest,
an ounce of Mace, and some Nutmegg, finely
beaten, steep some musk and Ambergreece in a
Quarter of a Pint of Rosewater, and 3 quarters
of a pound of sugar finely beaten, put ye
spice and ye sugar to ye flour, and straine ye rest of your Ingredients through a hair sieve into your flour, yn mix ym very well together, and stew a handfull of flour on, and sett it to ye fire to rise, and when it is risen very well, put in your Currrans but while it

fol. 25r
but while it rises take your Currans, and put half a pint of Sack to them, and set ym on ye fire to stew and stirr ym till all ye Sack be crunk up, yn put ye Currans into your Cake, and half an Ounce of Carraway seeds, and some Candy'd Citron & Orange and Lemon peel cut in thin slices mix ym all well together, and so put in your Hoop being well butter'd, and set it in yr oven, it will Take 3 hours baking, then draw it, and when 'tis almost cold, Ice it, for ye Icing take a pound of double refin'd Sugar searched, and ye whites of 2 Eggs, and a quarter of a Pint of Rosewater, & some Perfums if you will, & beat these an hour or 2 till they be white, and then spread it over ye Cacke pretty thick, sides & all, and set it in the Oven till it be dry./

fol. 26r

Boyl'd & stew'd meats
line
To boyl Partridges
Take strong mutton broth, & sett ym on the fire in it; when tey be scummed put to ym a few cloves a little whole mace, a sliced pippin, & 3 spoonfull of verguice; when they are halfe boy^led, then put in a great bundle of s^weet hearbes, & a little minced sorrell, a few Almonds beaten very small wth 4 spoon= fulls of the broth, a peie of butter, lay ym on sopps & if you will, boyle at ye last some peices of mutton wth ym you may poure ye sauce on the topp/

To boyl Chickens
Take ym when they be scalded & drawne, & cutt of ye heads & necks, but save ye skinn whole then take
ye livers of the Chickns, & parboyle ym & when they be cold chopp ym very small; then take tyme

fol. 26v
Tyme, Marjorum, & parsly a good quantity & stripp ym from ye stalkes, & chopp ym; very small then put ye livers wth ye hearbes & ye yolkes of 2 or 3 eggs roasted hard together, & after that by Chopping ym you have mingled ym well together season ym wth pepper, cloues & mace

fol. 27r
To boyle Sheeps Tongues after the french fashion.
When your tongues are halfe boyled lard them & slitt them & so fry them & set them betwene 2 dishes on a Chafingdishe of coals, & boyl them wth a little wine & vineger wth grated bred & ginger & put to it a little butter and so servue them upp/

Sauce for Robbetts
Trusst like fowles
Take a quarter of a pint or better of white-wine fowre Anchouies, 110 or 12 slices of cucumbr one onyon slice it, let all thes stepe in ye whitewine ye while ye Rabbets ar roasting, & when they are almost enough pour ye juice of these into ye sauce pan ye Anchouies I supose dissolved

fol. 27v
[blank]

fol. 28r
To Marinate Flesh
Take a legge of mutton ore a legge of labe, & cutt ye skinn from it then roast it, take 3 or 4 wood-cocks lard one or 2 of ym & stick ye other with cloues take 6 snipes lard ym & roast ym likewise: take 12 pigeons rest halfe of ym with lard & ye rest cut in 2 parts & fri ym browne, take 12 larks
& rost ym 4 teyles, lard one and stick ye rest with cloves, bake 12 sweetbreads let ym be perboyld & fryd, make some think collopt of veale or lambe lar ym & fri ym browne then take a gallen of whit-winn, a pottle of whit-wina vineger bould ym together then larg mac ginger slised & beaten ximes this sliced nutmegg & gross

fol. 28v
[blank]

fol. 29r
To make a French dish of a leg of Lambe
Take a legge of Lambe & halfe roast it then take it up & stuff it wth sweet, hearbs & yolk of eggs boyled hard & minced wth ye hearbes; then put in a handfull of currans, & sread in some lemmom, then boyle ye lambe in water & salt & ye hearbs that are left, put it in a skillet that will but hold it; & when ye mete is boyldeput in a little, spice of butter, then serue it in wth ye broth & hearbes/

fol. 29v
To make broath for a Capon
Boyle ye Capon by it selfe, take strong broth & a little white wine 7 hard yolkkes of egges, strain ym wth ye broth; then takes it and put it into a pipkin or dish: then put in a little vineger, a little large mace& cloves, & a little suger; you may boyle among thes some marrow, you may serve in the borth wth, the capon, ye bottomes of Artichoakes, any roots that you think good; put into ye brth.a little sweet butter/

fol. 30r
To boyle a breast of veal of Mutton
Take ye meat & boyle it in water & salt, then take spinnagr, endiffe & succory, lettuce, of each a little hand full; boyle all these hearbes by ym selves then take 3 or 4 eggs & boyle ym hard, & take
out ye yolks & shread ym then take broth of ye veal, put ye eggs & haerbs being skread together into it, stire it well and season it wth vinegar & sugar, & put a peice of butter in it, then pour it on ye topp & soserve it oup, line

To make a Cold Hash
Take a Babet when it is well roasted, mince it ery small; take Anchovies being very well washed, mince ym & pickled Oysters, a little Onyon and Lemmon minced mingle all these together; wth then beate some oyle & Vineger togeth wth a little salt & mingle wth it

Abroth to keep ye body soluble
Take a knuckle of veale, & put into it mallow mercury, & violettts, of each a good handfull, a little white endiffe & alittle groundsell, a topp or 2 of rose-maiy, dammaske, prunes, raisins of the sun stoned wth a little mace,

Another
Take a knuckle of veale and a young pullett breake all ye bones of yorr veale, & let it lye in watre 2 hures howres to soak out ye bloud then take a gallon of spring wetr put it into a well leaded pipkin wth ye veale & pullett; let it boyle untill all ye scumme be taken off; then put 3 spoonfulls of water wth some salt to make all ye scumme rise cline/

then take a quarter of a pound of raisins of ye

To make a minced Sallett:
Take Almonds blauncht in cold water; cut my round and thinn, & keepe ym in cold water untill you use ym then take pickled Cucumbers, capers olives, broome buds, purslaine sltalks; picked; mince
mince all these severally very small, then take
raisins of ye sunn, pick out ye stones and mince
ym, Citron & Oringada finely minced, some currans
well wash’d & dry’d, caned flowers of all sorts;
mingle all these together, then put to ym you Almonds
4 or 5 times as many as of any of ye rest, & mingle
some rose vinger or clove-gilly flower vinger
mingled wth suger Mingle all these together
according to ye direction of ye party that macks
it//
To boyle a peice of Beefe
Take a Rumpe of beefe 3 dayes

fol. 32v
powder’d, boyle it in water untill it be halfe
enough, then take it out of that pott and put it into
a lesse wth asmuch liquor as si needfull to boyle it muc=
=hmust be halfe of that it was boyle wth halfe white
wine put it to carrots, twneps collyflowers, greene onions,
sweet herbs, lettuce, spinnage & sorreell; wn ye season
is for rootes take ym when that is past take hearbes:
boyle all those together till they be enough, then take
up ye beefe poure ye hearbs cucumbers, broome
buds & capers, then mingle all this wth ye liquo
through a Cullender yt you may take up ye
hearbs & chopp ym small; then cutt & mingle
wth ym pickled cucumbers, broome ^ buds & capers yn mingle all these with ye Liquor it
was^ boyled
in, if it be not sharpe enough,

fol. 33r
To dry Tongues, or Gammons of Bacon.
Take well or Pump water that makes meat redd, make
a strong Brine of bay salt, & boyle it till it will
clearid put in ye tongues & let ym lye 3 weeks every
day turne ym about ; then take ym out and rubb ym
wth a cloath, & also rubb ym in a little dry branne,
so put strings into ye ends of ym hang ym in a room
wheare there is a moderate heate, then hang ym in a
Chimney & smoake ym wth wet hay 2 or 3 dayes,
then take ym from thence where they may be kept
dry thus you may do Gammons of Bacon; but
they must lye a fourtnight longer in brine the
ye tongues
To make a Dish of steaks
Take a breast & a coast of mutton, cutt ym in small peices, bones and all, wash all clean & put it into a pot put a quart of wine & a little water to it, so let it scumm it cleane; then take a good hanfull of parsley, 6 onyons chopped very small, & when yor pott doth boyle & is cleane scummed, put ym in & let ym all seeth together; then take a few cloves, a little salt, season, yoe pot & make brewi, & lay yoe stakes upon ym so serve ym upp. / /

Another way
Cutt all ye ribbs fo a Rack of Mutton into steakes, & set it on ye fire wth as much water as will cover ym when they are scummed put in a little whole pepper & mace, a quarter of a pinte of white wine, some salt & 2 spoonfulls of veineger,

To make a dish of steaks
Take a breast & a coast of muton, cutt ym in small

To Make a very Rich Cake [compare hand 24v - seems to be different but it even makes the same deletion. Deletion must be made later]
Take half a Peck of flower very well dryed & 9 pound of Currans clean washed dryed & pick'd ye night before you are to use them, 20 eggs but leave out halfe ye whites; beat your eggs very well, & take a Quart fo Cream & 3 Pound of Butter; warm your Cream just so much as will melt your Butter but don't make it hott. a Pint & hal of very good Alle yest; and ounce of mace; & some nuttmegs finly beatten. steep some Musk & Ambergreece in a Quarter of a pint of Rose=water; & 3 quarters of a Pound o fSugar finely beaten put ye spice & ye sugar to ye flower, & strain ye rest of ye ingredients through a hair
sive in to your flour then mix them very well
together; & strew a handfull of flour on, & sett
it to ye fire to rise & when it is risen very
well xxx hal a xxxx Sacke xxxxxxx
xxxx- put in your Currans but
while it rises take your Currans, & put half
apint of Sack to them, & set ym on ye fire
to stew and stir them till all ye sack is drunk
up.

then pu in the currans to your cake & halfe an
ounce of Carraway seeds & some Candayed Citron
& Orang & limon Peell cut thin slices, mix ym
all well together & so put in your Hoop being
well buttered and set it in your oven it will
take 3 hours baking them oran it and when
it is allmost cold Ice it for the Icing take a
pound of Dobbel refined sugar searched and ye
whits of 2 eggs & a quarter of a pint of Rose=
water & some perfume if you will & beat
theas an hour or 2 till they be white and
then spread it ouer ye Cake pretty thick
sides and all & set it in the oven till
it be dry.//

To Make a seed △ Cake
Take two pound of butter & beat it wth yr hand
till it be soft, take eighteen Eggs, having out
half the whites, beat them very well, & mix
them with the butter, put two pound of powder
^sugar & the same Quantity of flower, putting thme in by
degrees to the butter & Eggs half an ounce of
Mace beaten, two nutmegs, four spoonfulls of
Sack, two ounces of Carraway seeds, & one ounce
of Coriander seeds, mix these altogether, & put ym
into a Venison pot or a hoop well buttrd. it
will two hours & a half in taking

To boyle Chickens wth Lettice
Take a Rack of mutton and a marrow-bone, and
boule ym together and scumme ym very clean, &,
when it is enough take it up, & streine ye liquor & put in yor chickens wth a good deal of lettuce to thicken it, then season it wth a little mace, vinegar, pepper & salt and so lay ym on sippets ley ye marrow ye Chickins so serve ym upp/

To stew a legge of Mutton

ffirst mince your legg of muton small with marrow or sewett a good quantity, so put in to on earthen stew panne with a quantity of wine & a little mutton broth & set it on ye fire, then take a quantity of mall raisins prunes & dates so let ym stew with ym season it wth salt, cloves, & mace a good quantity, so serve it up

To preserve Cittrons or Oranges or Leomons

Take your Cittrons & rub them with salt wash them well, & pick out all the spots & Lay them in a good deal of water three dayes shifting them every day into fresh water then cut ym ^in halus^ lay ym in water 3 days more & shift ym as you did before then boyle ym in a good deal of water till they are tender dry ym in a cloth & put ym in a pot, then bo^il as much sugar and water to a thick siriup as to couer them pour it on them & lett it stand for 3 days & every ^3 days bo^ile yr siriup & scumm it for 5 or 6 times & last time boile ye Cittron also till that look clear & ye Surrup is thick then put ym in a pot & lay a wet paper, dryed in a cloth upon them & tye a d^ouble paper over ym & lay a board upon it & set ye pot into a cool plase, when you spend it you must make a jelly of pippins or Iohn Apples to serve it up, & put some luice of lemon in ye jelly & if you find yt in ye surrup ye cittron begins to work or candy, put a little water to ym & boyle ym: but if they candy you must put in the more water =

To Candy Oranges Cittrons or Lemmons
Take the thickest rined Oranges you can get
pare them as thin & as smooth as you can & throw
ym into water, then you would have whole scoop
ym & some of them you may cut in quarters, or as
you please, cittrons & lemmons you may boyl together
when they are boly’d very tender put ym in an
earthen pot couer them wth cold watter change
the twice let them stand in this half a day
take 8 pound of sugar & wet it wth watter set
it over ye fire & take ye whites of 5 eggs with
3 pints of watter

+ Take cardus senttuary camille mint
peneryol sage rue of each a good hand=fulle
2 penworth of genshion rotte 2 pen worth of
grans 2 penworth of long peper slice ye gen=
=shion & brake the peper with your hands boyle
it in a galond of spring watter an houer & let it
stand all night so bottill it up & stepe it fast
to take 5 spunfulls in the morning and at
4 aclock in ye none/

The Eye Water
Take Rose=water Plantain Water
of each 2 ounces white=wine one ounce
Tutia prepared one Dram white suger candy
2 drams, Alloes tow scruples.//
To make a Cake

Take five pound of the finest flower dryed
Loufe suger four ounces Cloues and mace half an ounce beat them very fine and mingle them alltogerther and Rowl them well in the flower that they may be well mixt, then put in the same a pint of ale=yest, and twentyfore yolks of eggs with six of the whites well beaten with a quarter of a pint of Rose water in which a grain of muske hath ben dissolued then take a pint of sweet cream and put then two pound and half of butter, when it is diss=olved and bload warm, put in the flower with the rest of the things being all in rediness, mix them Lightly togerther with your hands, it will be as papp thearfore stroue a pint of flower ouer the top of it, couering it with a warm cloath, Let it not take cold nor be to hot Let it lye a quarter of an huer hour

then take six pound of curins clean pickt and crusht in warm water then take them out and rub them until thay be drie (thay my be done a day or too before) your ouen being hott mixe in your fruit mould it lightly and put it in your hoope let your hoop be will flowrd and your bottem of plain paist set it in a quick ouen and let it stand a houer and a half, then draw it ( and when It is al most cold) take half a pound of loafe suger sifited and the white of a egg and half a quarter of a pint of Rose=water beat theas a houer until they bee whtie then ice it and lett it in the ouen vntil it be drie/

A Receipt for the
Hom [different hand and pencil] Collick or Stone
Take of ye best Rubarb 6 drams Agarie 2 drams Lapis=
Iudaicus 8 drams Mettridate 6 drams Cassia Futula with ye
Cane 8 drams Anniseed 2 drams Galligo 2 drams Fennel=seeds
2 drams Ginger 2 drams sliced Liquorish 12 drams Mace
2 drams. Let all these be well beaten together, and take
2 English quarts of ye bess Renish wine, with 1 quart of
Brady, and put it altogether in to a earthen Jgge clo
stopped and let itn ye senders or with in ye warmth
of ye fier fier for a month or 6 weeks then stran
it throw a flanen rag^straner and bottel it up for your
use you must take 2 ^or 3^ spunfull every Morning
it will kipp a year
If you apprehend the coming of a
fitt you may take some
line

42v
To make a Quence past

Take too pound of sug dubell refien suger
and put to it 4 or 2 spunfulls of water then
boll it to a very hie candy then take too
pound of the pulp of Quences done throw a
s eef ^ and a pint of appel lely^ and put them to the suger when it is
bold to a very hie candy then set it one the
fier agane but dont let it boll and when
you think the suger is well mext take it
of the fier and put it in to your pots or
glases and ^take you think it is candleyed anife to
turn out turn them and xxxx them as you
please and keep them in your stoue till thea
are drie/

To make babrberys cumfets
Take your barberys and strepe
them and put them into a grat pot and couer

fol. 43r
them chous and put the pot into a great saspan of
watter then sete it ouer the fier and let it
boll a cosederable time then take your barbers
out of the pot and let the iues run from them
then take them and do them throw a sefe then take
the pulp of them that comes throw the sefe and set
it ouer a gentell feir to boll till it is groes pretty
stef and of a depe couler then take some pouder
suger suger that is drid very well and seft
it and make your barberys with it till it will
be so steff as to roll then make it of the shape
of a barbery and when you have made them set
them to the fier to drie.

To make Gascoyns Powder
Take white Amber: Corall: and Pearle: ye
Eys of Crabs, Harts horne: of Each one ownce
beso Beasor Stone a dram: the tipps of the Clawes
of Crabs the waight fo all the rest: powder
them finly throwgh Tiffiny: then mix them
together with lelly of Harts horne: a lettell
spirit of wine and a litel safforn: make it
into balls as bigg as a good

nutmeg: put them in glass in the sun or
stoue//

Angell watter
Take half a pound of storax 3 quartters of
a pound of Beiamine and steep take it in 3 pints
of Rosewatter and boyld it in an Erthen
pot set the pot into a scillet of water and
boyll it a wholl day Keep it closse couered
then put 8 grans of Musk 10 of Ambergreece 4
of Ciuett into a peece of Tiffeny and hang it
in the pot 5 or 6 days then stran it clean &
hang the bag in the bottell, you may Benimine
make up ye beniamine and storaxe in to lettil
cakes to burn //

To make Orange water
Take a gallon of the Best & richest canary
sack and put it in a glass still body and head
and add to it the Riens fo 10 or 12 seerese
Oringes pared very thean & draw it of in a
balnieo then sweeten it with 3 quarters
of a pound of at least of whitt suger
candy and perfume it to

fol. 44r
to your liking, you need not put your musk
and Ambergreece in to it but only put it
into a paper and beat your suger candy very
fine & Lay ye perfume in the bottom of a box
and put your suger candy on it Raming
it hard down and in 3 or 4 days it will
be very well perfumed your prefume never
ye worst for it you must take 3 granes of
Musk and 4 of Ambergreece it will perfuem
a hunderd watte fo suger
–
–
Surfet Water
Take :3: Gallons of the best nance=
=Brandy put in two Pecks of Red Poppys
clean pick’t let it stand a day & a night
& then straine it, and after yt put it into
the same glass & put into it halfe a pound
of ffiggs sliced, halfe a pound of Reassons
of ye sun ston’d & slic’d , 3: ounces of Anni=
=seeds beaten small & tyed up in a bagg, & &
let it stand in the sun close stopped

fol. 44v

5 or 6 days at least, your must stope it very
close with wax or ellse it will loose the
Spirits of the Brandy let it be put into a
Cotton Caras Bagg such as is used for Dyet
Drinks//

The Countess of Kents
Powder

Take of Magistry of pearle, red
Corrall, ye eyes of Lobsters or Crayfish, harts=
=horne calcinied & white Amer of each equall
quantities, of the black tips of ye grate clawes
of Crabs to the weight of all ye rest, beate
thes to a most fine powder whith passed
throug a fine lawne searce you shall make
into balls (of what bigness you pleas) with ye jelly of Harts-horn wherein you have infused a small quantity of saffron this done and your Balls formed to you desire lay them to dry in the shade.

two lines

fol. 45r
The dose is to children from 10 to 12 grains and the stronge persons to 15 or sixteen given in white wine or some cordiall water which must be taken two or 3 howers after ye patient hath eaten & after he hath taken it to lay Cion *** seal to sweate line
The Red Cordiall Powder good for all Pestelntias diseases as Surfeits Agues and ye Like line
Take Cardus Benedicts Angellicae dragons Pimpernell Loveage ye Scabious that is called ye Devills bit bittaony of each A handful Gentian roots Elecampane roots Tormentill of each A handful shred all these small & put them in a quart of whit wine in A pott or iugg close stop & let it stand 24 howers then take A lb of bolus terrus & & picke it clean and beat it very well and sceanse it fine put it into A pewter dish fol. 45 v yt is large & put as much of ly wine being stra^ind from the hearbs as make it thick as pap let it stand in ye sun stiring it 3 or 4 times a day when you find it dry put in more of the wine till it is all spent ye last time of your puting in wine ad A Dram of Saffron in powder; A drachm muthridate 2 scruples of beazer 2 drachm of Crabs Claws make it up in small balls if ye sun be not hot enough stove them you may give 30 grains to all but Children in Cardus possett or what else you please you may sweeten the balls if you like it so and if you add more of cordiall you must give the less Quantity//
To cure ye Canker or any sore in ye mouth of any line
Take of red sage, & five leaved grass of each of these a handfull and a half s shread ym very small & boyl them in a pint of cream till it comes to an oyle then strain it through a fine Laune & mix it with honey

and as much burnt allome as will give a lettet sharpness: when you use it put some of ye ointment with in your mouth or if a child with in it lips when it gos to sleep & anoynt ye nipple when it is to suck. Approved of as ye Best Medicine in ye World/

The Plague Water
Take Rue Egremony Wormewood, Celendine Angelica Sage Tormentil Scabius Balm Balme Mugwort Pimpernel Spearmet, Scordus: Benedict Dragon Fetherfew Motherwort wood sorrel Avens Burnet Galingale mary gold flowers Burage flowers Coustip flowers Panse flowers of each half a pound of Rosemary a pound a lettet rote of Elecampane fennelseed Anniseed Coriander seed Cordimony seed of each 2 ounces shread ym small & infuse them in 3 gallons of ye best sack Let ye Vessel be close stopt with past & then let it stand till next morning & then in a comon still you may disstil it (you may add of fine metheridate 4 ounces & 6 ounces of Andromice Treacle mixing them with

the other when you are ready to disstil ym (these I never put in) weight ye herbs green as they be & so disstil them. Out of 3 gallons you may draw one gallon of ye best water then draw 3 pints which is ye worst and will wax sower if it be long keep. So thear will be in all a gallon & a half and a pint the first pint of water keep by it self & ye next that you draw mingle
together you must pass ye still close with
Rye dough.
two lines with an X through them

A very good Black plaster
of Dr Mapletosts

Take a quart of ye best sallad oyl
& put it into a skillet yt will hold a bout
3 pints for ye oyle will boyl high & be grate
& heady, take care it boyls not over then
put a pound of red Lead finly beten into
the ioyl & stir it with a stick a quater of an hower
then set it on a quick charcoal fier but let no
flame be Then put in an ounce of good pitch
of a Shipp hath ben long at sea if it may
be gott then put in an ounce of pure wax

fol. 47r
put ye pitch and ye wax into the oyl when its
over the fire stir it well always one way
& let it boyl apace, [pin inserted in page] and when it hath gott ye
Colour drop a cloath into it & if it sticks well
on the cloath & will not cleave to your fingers
its enough then have a bo^ard in lettel hollow
with leggs like a stool oyled ery well
& put ye salve into it and have 2 knives
well oyled & stir it up and down till it be
cold enough to take into your hands then take
as much as wil make a roll & pull it extre^am=
=ly til its colour be bright then make it up.
Tow must be at making it for one cannot
doe it you must oyl your hands very well
or you cannot make it, It's good for green
wounds, sprains bruises any swellings
Approved by Me Lady Shirley

–
–

A Powder for ye Green
Sickness

line

Take a quarter of a pound of Suger on
ounce of Steal of Pearl Cloves Mace
of each half a quarter of an ounce, beat
very fine then mingle ym altogether a
[writing goes around tear in bottom right corner, book arrived not perfect or short recipe was added later; seems latter as verso is damaged content]

fol. 47v
as much in the morning fasting as will lye
upon a 6 pence & so much at 4 of the Clock
in ye afternoon./
flourish

The Lady Allins Watter

Take Sage Sallandine wormood Rue
Mint Angellico balm Cardus penyroyll
Scordium pimpernell Ross=Sollus dragons
bettony Egerimony wood=Sorrill of each 4
ounces 2 ounces of Rosmary of Ellycampain
tormantell Roats and gention of each 2 ounces
and of each of thees flowers Rosmary
Mary Gold Cloue gilliflowers Cowsleps buriage
buglass 2 ounces of each slice the Routts
and bruse ye herbs and put them into
as much Sack as will more then
cover them destill them in A Limbick
[page torn] else Lutted up and keep the head of
[page torn] sill coull with weet Rages you
[page torn] put into the Smallest water a letel
[page torn]anell beatten fine and hung in a
[page torn] ye bottel lett it

fol. 48r
coulered Like palle Clareatt then Take it out
and put into the bottells suger ore suger
candy as you pleas/
Tis good in most deasese the smallest
is most proper for Children with yo scotch=
=aneall in it, tis good against the small poxe
or Messells to dryue if from the hart

The Lady Huettes watter
Take a quarter of my Lady Allins
watter and put into it 12 grans of
musk then of Ambergreace 15 of bezore
one dram of ye powder of Corall
one of the powder of pearll half a dram of the flower of Amber half a dram whitt Suger Candy betten and seerssed 4 Leves of Leffe Gould broken and forty grains of safforans Keep the bottel Clouse stoped for your usse line

fol 48v
This is Rare in Collicks ore Laber in all pestylentylall diseaseses a good sponefull is anough at a time shake the bottell allways when you Take any of it/

To make Syrup of Liver=wort
Take 2 pound of single refind Svgar: & a quart of borage or Suckorey watter: Melt the suger in the water Hearin I put a good quantity of the Liver= wort clean picked from moss: & all other things and clean washed a pound of this Liver=wort being rubed in a cloath drye soe tender and ye Surup preaty thick : so set it to coole in the surup in some Earthen Vessill: when tis cold put it up & tyy tyi it close you may pleas to take of surup furst in the morning with ye Levir=wort to Schow in your mouth to take the good= ness out of it so spitt it out/

49r
to make Treakell watter –
–
Take Gention Roatts Tormantell roats Ellicompan Blessed Thistell Angellico of each one ounce half a sponfull of capers shreed of buridg buglass and Rosemary flowers of each 2 ounces of scitteron Ripe one ounce then take a pound of ye best Treak= =ell desoule it in 6 quarts of sack and 3 pints of Red Ross water then mixe all

Transcription by Dr. Rebecca Laroche, 2019
the ingreadyance together over night the 
drugs must be cutt in peaces, so stild in 
a cauld cold still/

Oyle of Charitie 
Take red sage, broad leaved tavender 
Ross=mary wormewood, Chamomill of each 4 
ounces chopp these small or bruise ym well 
and put good oyle to thme & let them be coverd 
with oyle & so set it in the sune for a 
fol. 49v 
a month then straine it hard out & after = 
=wards put as many of ye same hearbs into it 
with 4 ounces of small valerion, sunne 
them again for a week yn gently boyl 
them on a soft fire but run ym not 
so straine them and keep ye oyl in a 
glass. Tis good for all aches burns and 
wounds & you cannot use it amiss being 
lightly warmed for any grief as Dr. 
Willoughby assures its good for both in= 
ward and outward pains, Spoonfull at 
time given to a woman bruised in labor 
&child bed & takes away gr^eat pains of 
after throws; take it of it sealf, its good 
to help labor anoyting ye back of ye 
woman & a spoonfull all so 

three lines

Almond milk 
A Receit to cool ye Rines 
and Liver 
line 
Take : 16 : Almonds blanch ym 

fol. 50r 
& take of ye seeds of melon & cucumber 
ye shell or husks being pickt, off, each an 
ounce beat all these together in a stone 
morter with 2 or 3 spoonfulls of ross=water 
Take yn of endive burage dandilyon of each
one handful of sliced pippins one or two,
of common sorrell half a handful boil these
in 2 quarts of water unto a pint & half then
straine it & by littil & littil mix this liquor
with your wooden pestill in ye mortar with
your almonds & seeds then straine all againe
through a clean cloth& sweeten it with
sirup of lemon or some such cooling sirup
and drink a quarter of a pint twice or thrice
a day but especially at night.
two lines and flourish
Syrup of egg good ag. a Consumpcion
Take 12 new laid eggs boil ym very
hard then have in re^adiness :3: ounces of white
Sugar Candy finely powdered, take your
eggs one by one cut ym ye long way and
take out ye yolk wipe ye hole and

fol. 50v
& fill it with ye Sugar=candy set ym in a
dish with sand in ye bottom to keep ym
from falling then cover them, ye next
day they will have syrup in them yn take
one ounce of ye Syrup of mayden=haire=
colsfoot & gillyflowers of each as much mix
alltogether & take half or a whole spoonfull
at a time and often
two lines

The Flower of all Ointments

that ever was made it was and is so called for
that it is good against all manner fo deseases vize te
old wounds & new its most cleansing and engendreth
flesh and health more in a week than all
other doe in a month neither doth it suffer
corruption in a wound nor evil flesh to be
ingendred & therein Its good for the head
or body bellowing in the ears shrunk
sinnews. It will draw out a thorne or
broken bush in a wound, the byting of
any Venomous beast, all manner of aches
out of the Liver Spleen & reins br^eaking
Imposthumes,
easeth the menstrual Its god for the Emrods
& health them faire

Take Rosin & Frankinsence of each
half a pound beat your rosin into powder
and all to your Frankinsense if it be old &
brittle, els cut it small; Virgins wax a quarter
of a pound sliced thin, Rosemary a quarter
of a pound sliced thin, Rosemary a quarter
of a pound in fine powder camphir 2 drams
beaten small. then take a skillet or a pan
fire til it be molten then put in the rosin &
melt it then the frankinsence & melt it, let itt boyl
as little as may be for suming away the finest
part of the gumms; when all is melted take
it off from the fier, & looke if thear be
any dreggy substance in it if there be then
straine it if not then power it into a pan
wherein you have put in a bottell of white
wine & whilst it is yet warme put in
your powder of rosemary & stir it

it with the gummes so as it may well cleave
unto them, Then set it on the fire and
boyl it untill all the wine be consumed
& stir it well with a stick that it cleves not
to the pan you shall try by putting a litill
into the fire for if it be spartles it is not
consumed; so sone as your wine is wasted
suffer it to boyl no more for loosing
the best of the gums but take it from
the fire & put in the Camphir & stir it
well till it be half cold, then put in
on quarter of a pound of venice trupentine
& stir it untill it be allmost cold then
put sallad oyl thereto so much as will
for your use as the best in the world
The use of this oyntment is to anoynynt
the place grieved & keep it warme with
clothes but with out the oyle this this oyntment is a very good searcloth
double lines with flourish
1699

fol. 52r

To Stop Bleding at
ye nose
Let ye party be let blud in ye arme
16 or 20 ounces then take opiume & a letel
Roman Vittrell & disoule thim in Allum watter or vineger then role up several
rags & make seven or 8 Suppositers of
an ench long then wet them in y watter aboue mentioned & put them in ye nostro alls, Let the end of thees suppositers be
well wett in the opium put the supposote
thus ordered into both Nostirills and
chang them often for fresh as Long
as the bleeding continues but after
it Stops do not chang them till you
thay fall out & give ye partty water to drink to very
thin broth for diatt for a day ore too

Aganst ye landis
& is good all so for clesing ye dlood
for a paine in ye side, ye Dropsie flegme
in ye stomack and aganst ye Spleen

52v
Take ye green le^aves of hops & pound them & strain ye juice out take of ye juice :2: pound clarifie it with ye whites of eggs; then let it stand & cool a lettill & let ye thinn run through a cloth and put to it one pound of powderd sugar, half a savcer of vinegar,
boyl it unto a syrup & take off ye scumme as it ariseth; Take :2: Spoon=
=fulls in ye morning with a littill white wine
two lines
To cure ye Scurvy and ye
consumption if it be with it
Take a peck of fresh gathered garden
Scurvy grass & a peck of ye freshest, sea
Scurvygrass you can get wipe ym leaf by
leaf with a fare choth yn stamp them &
as they stamp put in reasons of ye best
blew & stamp them with it, a pound to
:2: pecks of Scurvygrass will be enough,
after being Stamped ye juice must be strai^en^ed
out,

fol. 53r
and put to it :12: of ye biggest & best civil
oranges you can get & 2 of ye best lemons
you must squeeze ye juice fo these inot your
iuie of scurvygrass & then put it in to i bottel
& every morning take 3 spoonfull of old ^cannary Sack
& put to it 4 spoonfulls of ye iuice of suruvgrass
& drink it every morning till ye quantity be gone
& then make fresh, you must walke an hower
after it but to fast as to make you sweat this
is to be done :3: weeks together both in ye
Spring and Fall. /
This is A Proued of by me
Lady Shirley
line

The Plaster called Perasallisas
Take of the

To make milk watter
line
Take tops of firr tree & Cypress of each
& 6 handfulls, roots of meallony & marshmall=
=ows half a pound of liquorish sliced 3 ounces
figs & dates of each in 12 number 12,

fol. 53v
daues seeds bruised 2 ounces, nutmeges
sliced in number 3 add to all theas a
pound of snails with the shels & bruise
them well, put all=together & distill it in
a gallon & a half of milk [squiggles]
Directions for ye use of ye Jesuits Powder
Upon on of ye well days it will be convenient to give a gentle purge or if ye patient be apt to vomit, to give a good quantity of Cardus possess drink at Least 3 or 4 quarts warm it may be given in ye evening a bout 6 or 7 of ye clock and yn when it hath done working let them go to bed, the next day at Lest 6 hours before ye fit comes give a dram of ye Jesuits Powder either mixt in sage posset drink or any other posset drink and drink a draught after it.

And so once in 4 hourss give a dram of ye Powders ye same way thus it must be continued all ye while the fit is of, or ver every 6 hours a dram of it ye same way it must be allways ommitted when either ye cold fitt or hot fif or swetting is on them.

Against ye Palsie
The Palsie watter by Dr. Sheldon
Take Lavender flowers stripped frome ye stalks fill a large gallon= glass, pour on them good spritis of wine or aquavite as mcuh as will cover them, then cover them 6 weeks with a bladder that nothing may breath out Let ym stand in a warm place, then distill ym in a glass still then put into the sayd water flowers of sage bettony rosemary of each half a handfull, of burage buglass Lilly of ye vale cowslipps of each one handfull, steep these

flowers in good malmsey but for ye best in ye spirit of wine every one in his season till all may be had then all being distilled together, put allso to them of
bawme motherwort, bay=leavs & flowers of orags trees (if they may be had) of each one ounce cut all severall & put them into ye aforesaid distilled wine or malmsay & put ym together distilling ym as afor = said before, being steeped ye space of 6 weeks: then put into ye distilled watter citron pills dryed or els lemon paring & seeds, nutmegs mac cardamons cubibs & yellow sanders of each half an ounce Lignume Alloes one drame make all these into powder & put to them of cubibs new a good half pound take ye stones cut them small, close up ye vessel with a double bladder then let them sipil well stand 6 weeks then stra\ine them hard with a press fill out your liquor, and put in it ye apred pearl and smaradges Ambergreece musk & saffron of each half a scruple red roses dryed well red and yellow sanders of each one ounce, hange these in a searsnet bagg well sealed that nothing of the

To kill worms
Take a handfull of Savyn, another of southern =wood on of wormwood another of camomile, and of hearb of grace on of fetherfew & on of ye tops of unsett Leeks boyl all these together in a pint of white wine venegar til ye juice come well out of them then straine them into half a pound of fresh butter then boyl it & scume it & afterwards put in 3 spoonfulls of ye oyl of savyn with which an anoynt ye Childs Stomach & all along down to ye navill after =wards put some brown paper upon ye childs stomach which is not to be removed untill it falls away of it sealf.
A Proved by my Lady Shirley

The Souerainge Oyntment
Take Red Sage & Rue of Each A
Quartre of a pound Wormwood & ye youngest bay Leaues when they first put out;
of each half A pound Pick your hearbs & bruise them in A morter; then take :3:
pound of sheeps suit Hot from ye sheep newly kill'd; mince it small & beate it with ye hearbs till all bee one couler, the put all into A wooden Bowle with A pottle of ye best oyle=olive; wrok altogether till all be alike saft; then Couer it Close & Let it stand :8: or :10: days; then boyle altogether with A Gentle fire; when it is halfe boyled: put to it :3: ouncess of oyle of spike; boyle all=together then strane it through A Canvas clouth; louer it & keep it for your vse, It cannot be made Exactly but at ye begining of lune.

fol. 56r
The vertues
It is good for ye paine in ye Ears; for Achess & swellings stichess bruising scalding; it is allso good for A Stuffing at ye Stomack caused by a cold anoynting ye stomack & Laying A peice of fflanell or London Browne paper upon it.

A Hystericall Iulep
Take Mugwort water, Pennyroyall watter of each 3 ounces comepound briony watter 2 ounces, tinctuer of caster a gr of an ounce. Sweten it to your Likeing when you take it

For to clean the teath with
Take a little huney and sett it on the fire and when it is worme put in some boyle allmineck which is very finely serced & putt it in by degrees till it be as thick as joyntment then putt in some rock allom very finley serced as much as will make it tast sharpe, to putt it in a pot fo your youse you must rube your teath with it & then wash yr mouth with water.
An approved Medicine for ye Flux or any Loosness/

Take a pot of new milk. 2. ounces of the bark of a Oak, slice it, half an ounce of whole Cinamon, to these .18. cloves one spoonfull of whole pepper one nutmeg sliced in, 4 quarters; boil these on a soft fier till ye third part of ye milk be boyled away then strain it; & drink half a wine pinte pritty hot in a morning fasting & as much in ye evening when you go to bed.//

A Drink for inward Brusses or Paine

Take 3: Lardge handfulls of young Clarry 2: handfulls of Knott grass 2: of Cumfory. wash these hearbs but do not lett them stand in the watter put them in a cloath and wring them dry then beat them in a morter as for a Tansy then put it into an Erthen pot and power upon it a quart of the best Malligo Sack Stwre them well togere=ther doing them down with the back of the spoon ty it up close for 3 days sturining it 3 or 4 times a day and doing it down with the back of the spoon then set ye pot in a kettell of watter to infuse till it be hot throw them stran it out. and Lett the party Take a wine glass of full 2 houers before thay Risse thea must be shure to fast 3 hoers after it, Lett them Take a wine glass in the Evening and a Nother when thay go to bed; - line

A Plaster for ye Wormes in Cheldron
line
Take 2 ounces of Alloes & 2 ounces of Asfettita & 2 penniworth of Diapalma a spoonfull or tow of huney so boylde them together give them but one boyle or 2 & then spread it and lay it on ye belly of ye Child you must cut a place of ye navell.

fol. 57v
The Chunderbollt plaister
line
Take plaister of viatulum:
  magnum=tumgummis: plaster of mussiligeaibus: of each of theas two: which must be bought of a skill=
  =full Apothecary ready made by thes names one ounce a peice & take of chunderbolt stone finly Beaton 4 drams put th
e them all together in a skillet & let them boyl softly till the plaster, is of a preatty deep Brown all ways stirring of it & soe stir it till it is Cold enough to role; & then make it in bigg half pound rolls to keep & lap it in oyled papers,
line
A
fol. 58r
Aproued by Docter Willvowby./

The virtues of this plaster is more then can be wrote for it hath by god help & blessing cured the saddes sore breast that ever was seen taks away all payns heals any wound; is good for sprains & hath cured many ill Bruises.
two lines

For heats in the face
two lines
Take two ounces of litarage of gold
purely done and powdered and sieft it three
times Take a quarter of a pint of salet oyle
in a marble-mortar & mint together the litarge
and ye oyle and stir it four hours.
Take a quarter of a pint of vinegar and pour
it in the ointment as you make it by
spoonfulls at a time till all is done,
you must anoint the heats tith
it /

fol. 58v
The Griping of the Guts
Infuse an Ounce of Rhubbu sliced in a
Pint of double Anniseed water, let it
stand a Month before you use it, but
the longer ye better, give three spoonfulls
to a Man, 2 to a woman, and one
to a Child/

Dyett Drink for the Gout or scurvy
To a quarter of a hogshead of Ale, put half a
pound of pointed Dockroots, and half a pound
of Burrdock roots, three ouncis of juniper berries,
& three ouncis of Dorcas seeds, the Dock roots
must be sliced thin and small, and all put
together in a bag, and hung in the barrell
after 'tis tunn'd. /

fol. 59r
The vertues & use of Medicines
By Mr Delaun

Alkermis is a great Cordiall.
Bezoar water is very cordial expelling malignity or
venom from the heart taken one spoonfull at once, either
alone or with a little syrrup, but we give therof
cheifly to women in labour one spoonfull with as
much of the cordiall water, at such time wehn the
woman begins to feel ye extremity of of the travell
to come on her; you may also if you please mix
some syrrup with it and give thereof at such a
time twice or thrice if need so require.
The Cordiall water is good to quicken the spirits
it may be used alone when occasion requires, but
we chiefly use it in most cordiall iallips, mixing
two or three spoonfulls with syrrup of Gilliflowers
mint water to the quantity of a quarter fo a pint
to take hereof two or three spoonfulls; at once,
either in time of faintings or sett time of ye day
as need requires.

fol. 59v

Mithridate expells wind digesteth all crudity in ye
stomach, provokes sweat and is good against all
infections, to be taken from the bigness of a pea to a
hazlenut at once of it self, or if you find it too
hot mix it with conserve of roses or of woodsorrell
and what other you please.

Diascordium has most of the propertys that
Mithridate hath, but this is not altogether so hot
and it bindeth more the boyd, and also causeth
rest in a safe and more moderate manner we
chiefly use it to chiefly to children giving to a
child ten grains, at once dissolv'd in some liguor,
or else to weigh a dram thereof and dissolve it
in Cardus water wth syrrup of Gillyflowers, or
if you would inforce the sleeping quality, then
mix half an ounce of Srrup of Poppys
& make thereof a quarter of a Pint in all to
take at three or four times or more if you
think meet, but let it be at going to bed.
The East Bezoar is given chiefly in
dangerous pestilentiall and malignant fevers,

fol. 60r
it expells venom from the heart and doth powerfully
provoke sweating; we give 2 or 3 grains to children
at once either in some cordiall drink or mixed
with some conserves, and so given upon a knives
point; unto men or women we give 4 5 or 6
grains at once according to the strength of the
person, and the malignity of the disease.
Spermaceti is good for all bruises and is given
commonly in wine it being melted therein, it is
also good for women in labour for it takes
away pain, mollifieth the parts, furthereth
labour, purgeth gently, it killeth worms either
being used inward by pills or outward by plaisters
Syrrup of Lemons is cooling & cordiall.
Rubarb purgeth choler greatly and is good against
worms. also it bindeth the body as it may be
given: wherfore if you will have it purge then
steep about 6 penny worth of it at once for a
man or a woman in whitewine or succory water
and strain it, so give it warm if you would have
it bind the body, then slice it and scorch it.

fol. 60v
upon a hot shovell and give thereof in fine powder
either to drink in some distilled water or minxed
with conserve fo roses. If you have it to purge
and to bind then powder it as it is and so
give the same quantity, if you find it too weak
of it self then help it wth some purging syrrups.
Manna purgeth mildly, we give an ounce or an ounce
and a half at once to a man or a woman, and
about half that quantity to children, when it is
given it msut be dissolved in some liquor over
some fire, then straitned, and so given, but it
must be so gentle a fire, that it must but
melt it for if it boyl it takes away much
of the strength.
Tuttie prepared it is very excellent for ye
agest to drye rhume, & to cool the head, & the
sharpness of the tumour, to mix a little thereof
in white or red rosewater, or in Spring-water,
& to wash the eyes therewith often.
Cream of Tartar quickness the slowness of
all other medicines wherewith it is always mixed.

fol. 61r
Pulvis Sanetus is the ordinary purge used by all
men that would give a ready medicine to purge flegm
in the Stomack: give to a man or a woman a dram
at once mixed with a quarter of a pint of white
wine or stillled water; to children we give half
so much.
[in left margin above: It's an ordinary purge / drinking of it warm / and fasting 2 hours / after,
and then taking some possit Drink.]
Conserves of Rosemary flowers, of sage flowers, of
Bettony flowers, these do all comfort the Brain & may be used at pleasure. Those of Burage flowers are cordiall and cooling. Those of Marygold flowers are cordiall & hott expelling malignity and venomous tumors or vapours from the heart.

The Conserve of Scurvygrass is properly vsed for the Scurvy taking therof morning & evening about a wallnuts bigness at once & drink theron a draught of Rhenish wine.

Syrrup of Poppys procureth sleep it may be given alone or mixed with other cordiall Iulips proper for that purpose, we give one spoonfull at once to a man or woman half so much to children, sometimes 2 spoonfulls when the disease is violent.

Syrrup of Poppys Coltsfoot is good for a cough or any cold to be used at pleasure wth a liquor stick.

Syrrup of mulberrys healeth and cooleth ye throat or mouth.

fol. 61v

The Vatican Pills,

(So called because the Receipt was found in the Vatican Library & taken out from theme, & wth the Counsell of diverse famous Physitians of those times for the service of Pope Paul the 3d an Addition was made unto it of Cardus Benedictus & Scordium two herbs of innumerable virtues)

we made as follows. –

Take Amome, Annis, Mastick, Ginger of Paradice, Cardamome, Cinnamon, Zodaric, Mace, Nutmegs, Cloves, Saffron, Culebs, Lignum Alloes, Turbith, Manna, Agarie, Senna, the 5 Mirabulons, of each of these a scruple or more, if you would have a greater quantity of ym, then take of chosen Rhubarb the weight of all the aforesaid things, of Alloes sicatrina the weight of all the aforesaid things, and of the Rhubarb: loyn to all this weight half a dram of Cardus. Benedictus & half a dram of Scordium, let the pills be made wth Syrrup of Roses & guilded to the bigness of a Pea. ~ The way to use the Pill is thus. He

[in the right margin above: The use of ye Pills.]

that will purge methodically without preparing wth

62r
Syrups, let him take one morning one Pill, the 2d morning 2. ye 3rd morning 3, the 4th morning 4, & they shall purge wonderfully. afterwards 1 or 2 of these Pills may be used all the year long every 10 or 12 days. ~

Advertisement [centered]
If peradventure all the Ingredients here set down should not be found, as namely ye 5 mirabulons; the Citron colour’d or any of ym my serve ye turn; & if any thing else wch is not important be lacking there is no defect, for all that they may be taken at all times & at all hours, in ye morning fasting or before or after dinner, or in ye Evening before or after dinner, or in ye Evening before or after Super, or at midnight; they are given to all complexions, ages, Sexes and in all diseases; when you have taken them, you may drink a little water or a little wine mingled wth water, according to your necessity or delight, you may sleep upon ym without any regard to any thing since only of keeping a convenient Diett and whilst they are working to use

62v
Broths of fowls or the like.~
The vertues of the aforesaid Pills.
He that continues the use of these Pills shall be sick of no diseases that shall not be very easily cured, unless it be that wch God has ordained for our end. They purge all peccant Humours, evacuate Choler both yellow & Black; they cause mirth, hod back old age wth force and vigour: they comfort ye Stomach & belly; they preserve ye Sight; unstop ye order, cleanse ye Stomach, and fence it that ye fumes & vapours get not to ye head wch afterwards descend to ye Lungs: By this means Consumptions are helpt, Stitches & shortness of Breath: to conclude they are found good by Experience against any Diseases, Dropsy, &c. ~

To stanch Blood
The 3 things good are Bole Arminiack, Cerus,
red Corall mingled with the white of an Egg, & wth Flase dipped therein apply it to the part, you may add Vineager & Some drops. If you

would have it stronger, take of fine Bole 2 drams, of Roman vitrioll calcined or burnt half a dram; wet this powder wth a little white of an Egg, or use it dry, & apply it binding ye part well. This by Delaun Surgeon. If you find it will not stop, then open a vein. ~ ~

To stanch Bloud ye best in ye World. Take unslacked Lime that falleth of it self int powder by laying it in a window or cool place; ye Earth-umber much used by Painters & glovers;
Of these 2 unslacked Lime & umber like quantitys & cut them into fine powder, & wth whites of Eggs beaten make ym into a very fine Liniment adding wth ym and well mixing wth ym some Hareswooll, & lay this wth Lint into any bleeding wound. & bind it to it , and it will stop ye bleeding: This is in Reads book of wounds fol: 12 & 13 & used by Dr Willoughby often when he dismembers any, & it never faileth as he protesteth. Roman Vitrioll of it self is good to stop any ordinary bleeding. ~~

To make Lip Salve.

Take of Marrow what quantity you please, Sugar Candy and Raisins of ye Sun stoned & of Beeswax of these according to discretion, melt these in, a Porringer a pretty while, then strain ym into some Rosewater; then put it into a clean Porriger wth as much Alkenet root as will colour it, let it sever a little while then strain it into more Rose water, or Orange flower water, & keep it in Cakes or in little boxes for your use. ~ ~

To make Elder Flower water
Take 12 quarts of ye best brandy, & In thre quarts of Canary, mix them together, I put them into a large Steen pot, put in as many Elder Flowers wth the stalks as are convenient, for stilling, add to them a dozen of Oranges, & a dozen of Lemons

cut into pieces, parboil a Buckthorn immediately after that it is cut off ye head, cut it into pieces & put into the still with the rest. Let it infuse three or four days before you still it, then still it off in a cold still, mix it altogether in a great bowl, except that wch is sour, put as much fine sugar to it as is convenient agreeable to your palate. ~~/

To make Pearl Cordiall
Take an equall quantity of Treakle water, Balm water, mint water, Dragon water, & Angelica water, wch are cold still'd waters, when these are mix'd together, put them into quart bottles, & in each Quart bottle put a quarter of an ounce of powder of Pearl, & a quarter of an ounce of powder of Corall. whenever you use it, shake the bottle before you pour it out. you may sweeten it in the bottle with Lumps of Sugar to your Taste/

This is the Cordiall that is given after Gascoigns powder; Goat powder, Lady Kent's powder, Venice Treakle, or such other Cordialls that are given in small pox, Fever, or other sicknesses //

To make summer Cream cheese [Lady Lees way - in DS hand]

To a Gallon of new milk, put a quart of Cream, and three pints of boyling, water, and two
spoonfulls of Rennett, put it in a wet cloth
when it is come, with a skimming dish, breaking
it a little as you can, then two people must take ye cloth
by ye corners, doing it backwards & forwards, till ye Whey is a little
out of it, then ^tye ye put Cloth & loosely wth a fillet, & put Cloth & all
into ye Chees vat, & let it stand a quarter of an hour, then
turn it into a dry cloth, & lay a wooden plate upon it, wth a qtr
of a pd weight, turn it again in a quarter of an hour to
another dry cloth, and put on it half a pound weight,
you must turn it into dry cloths 10 or 12 times that day, =

fol. 65r
30
30 To Make Elder=beery
Wine 20
Take ^200 pound to a gallon^ two hundred pd watte of maligo reasons,
pick them, and chope them, very small, & put
them in a tube that hath speget, & foset in it,
then put to them 30 galonds of boyling water,
and let it stand, a night & a day, then strepe
your edler beerys, & put them in a pan, and let
them boyle, then strane ye iuce from them, ^& boyell, till
you have. ^ye iuse agane take of this ius^ 7 gallonds & a half, which put to
ye rest, & sture all together, then let them stand
then ten days, to ferment, & then draw it of,
^stran it throw a hare straner & apries as
long as any can it begotit^ & put it into a Vessell, letting it stand till
it be very fine, then bottell it of, & keep
for your use. it must be very fine before
it is bottell'd, it will keep 7 years in bottells.
To Make Burek Wine
=and put a pound weight on it the last thing at night,
take it out of ye Cheese vat, & salt it on one side,
next morning salt ye other side, let it lye till next day
then put it into dry grass in a place where there is not too
much air, put it in fresh grass every day, wipe & pick it
very clean, else it will tast of the Coat [line]

fol. 65v
blank

fol. 66r
aplaster for ye worms in Chidre^n
taken on ounce of Alloes on ounce of
Asefetita on penyworth of Diapalma a spoon
=full of huney so boyl them all together
till the be well desolved then spread
it on a lining clouth & cut a hole for
the navell. Given me by the Lady Jenkens^on
fol. 66v.
[blank]

fol. 67r
To Make Treacle Watter
-
Take of the green rinds of wallnuts
4 pound, of ye iuce of Rue 3 pints, Cardus and
marygold leaves and flowers and Bame of these
iuces each a quart: of the roots of fresh butter
bur, of Anjellico, of sweet master worts, of
each of theas a pound & a half: of clott bur,
roots a pound of the leaves of Scordium 6 hand=
=fulls: old treacle 8 ounces : Metheridate
8 ounces: Aquavity 12 quarts : of ye sharpest
wine venager one quart : a quart of sack : lemon
iuce on quart; let all these be put into a
well glased pot, slice ye roots very thin &
shred the yeahrbs then lute up the pott exactly:
let it disjest 2 days and night in a hott hors
muchell; then still it in a Cold still and
let it run as long, as it will, then mix all the
watter togather & it will be of a tightstreng^th
to use ye longer tis keep't the better.
-
-
-
This water may be made a small quanity.
fol. 67v
exactaly deviding all the quantitys for this recept
will yeald 12^12 quarts. when Dissteld. It is an
excellent water and is very good in all feavours
3 2 1 spounfulls for a man woman & child but it
must all ways have some small watters mixed
with it as bame or mint or milk or tow of
theas when it is taken it is very good to be
given with ye Gore ston or gascoyns pouder
or venes Treacle; adn is it self excelent in any
fevavourish disorders in Lying in this is experanced
and aproved by .
DoCotes./
The Bitter Drink
Take Gentian roots sliced half an ounce; Zedidary 2 drams, snake root one dram, Tops of lesser Centry cut, a quarter of a handful, pour upon the Ingredients a quart of black cherry water boiling hot, and let them stand all night, in the morning put to it a pint of Compound Wormwood water, and strein it.
Take 6 or 8 spoonfulls in the morning fasting

A Receit for French Bread
Take some of the newest Ale Yest that is not very bitter, let it stand all night; in the morning pour from it all the drink, and stir the rest together, then take five spoonfulls of that Yest, and put it into a sausepan with seaven yolks of Eggs. beat them well together, after that put into the sausepan a pint ^ quart of sweet cream, and as much new milk, and a handful of salt, warm all (after they are mix'd) over a gentle fire, constantly stirring them, and when 'tis newmilk warm, strainit thro' a sieve into a Pan or Bowl, and mix with it with your hand as much of the finest white wheat flower, as will make it into a soft past, something softer than Household bread, knead it very well, and set it before the fire, or in a warm Oven for about an hour to rise, after it is well risen, knead it again, and make it into Rolls or round Loaves, and set them upon Past Peals (well flower'd to keep them from sticking) before the fire to rise again, and after they are well risen, bake them three quarters of an hour in a quick Oven, then Chip or Rasp them, and put them back into the same Oven six or seaven minutes to harden the crust. – You may encrease the quantity of Yest, according to the newness, or goodness of it. /
the recepts I had of
Lady Digby:

To make Orange Wine
Take six gallens of springe water for the best
Suger 12 pounds 4 whites of eggs well beten togeather
boyle then 3 quarters of an houer & when Cold put in
six spunfulls of yeast & six ouces of surrup of Lemons well
mixed togeather with ye iuce & outward rinds of fifty
Oranges Lett them all work togeather tow days & as many
nights, & then add tow quarts of Renish wine & tun it in
a wine Vessell stoped up cloce & after 10 or 12 weeke bottel and
Cork it well up skim it in ye boyling as long as aney scum
riseth a few more outward rind of Oranges & a small
quantaty of suger will make it both more wholsome and
gratfulle [flourish]

To Make Cheescakes the Bath Way. //
Take 6 wine quarts of milk put ot it whe^n tis a little
warme tow spoonfuls of runet when the curd is come
put it into a Cloth to drain from ye whey when yts don
Take ye curd & a pound of butter and rub it together
through a hare sive wth ye back a spoon then take a penny
white loaf grated & a pint of cr^eam boyl it to a pap when
tis all most cold put to it 12 eggs but 6 whites beat ye pap
& eggs together wth E quarters of a pound of white shogger
a nutmeg grated & a Little rose water yn put it to your curd
and a pound of currons well wash'd and dry'd by ye fire
for ye Curst. Take a quarter of flower half a pound of
butter two eggs & a little white suger ys quantity will
make three of four duson Cheescaks a quarter of an hour
will bake ym in a pritty quick oven / /

Turnip Soup
When you have made good broth add some
butter burnt black in a frying pan, then take
some. turnips sliced thin & flower'd pretty well,
fry them till they be brown, & then put
them into ye broth, let them boil

till the broth be pretty thick, then cut some
turnips in dice & store them in a pipkin wth
some strong broth & good gravy that they may be brown, then dish your broth with dry'd bread & a knuckle of veal, in ye middle, then put your dryed turnips round ye meat, & a little chevril, a little spinach stew'd together stew'd over ye broth to serve it.

To make Bath Bisquets
Take an ounce of Carraway seeds, five ounces of sugar, two pounds of flour mix them well together then put in half a pound of butter & rub it in till it is all melted then put in a quarter of a pint of Barm and about a pint of milk or as much you find will wet it work it well together then lay the paste on tin plates and cut it in long pieces then Bake it it must keep in a warm place or it will grow soft.
to eat with Tea, or Coffee

To make Lemon cream
Beat ye whites of 4 eggs very well put to them a pint of Water ye juice of two Lemons some of ye pillar oring flower Water & sugar to your taste boil it with a quick fire and keep it stirring strain it of quick in to ye Glasses.

White Wine Cream

put to a pint of white wine a Coffey cup of water the juice and pill of one lemon ye yolks of 4 eggs & ye whites of 2 sweten it to your taste set it over ye fire keeping it stirring all the while till it is just boil'd then take it of ye fire & stir it till it be almost cold then put it in to ye glasses: you may cut some lemon pill thine & small & put in it;

To Make Custerds Mrs Ffishers
Way;/
Take a quart of Cream & boyle it 3 or 4
blades of mace then beat ye yolkes of 8 eggs
& when ye Cream is cold put them into it wth
a littill nuttmeg stur it well together then
run it through a sive sweeten it to your
taste make ye Crust as for tarts put papers
and tins at ye bottom then set ym in ye Oven
till ye Crust is hard take off the pappers &
fill ym with ye cream then set ym in the
oven again & as soon as they are thick take
them out for if they stand to long in the
oven they will Whey.

To make Birch Wine Lady
Holts way._
Take 15 gallons of birch Watter boyl
it to 12 Cuming ^it all ye while then put to it
24 pounds of fine Lisbon suger = or 30
pound of white pouder suger.

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=And let it boy no more afterye suger is in then
just to rais ye scum when it is clean scumed set
it to cool & when tis of aconveniant Warmth
put to it apint of good barm stir it well toge=
=ther, and let it stand cose covered till it has
a good head on it, then tun it into a vessell a
littill fum’d with Brimstone let it stand in ye
vessel, (which must be very close stopt till
Christ-mass or after, then bottell it, it will keep
too years.  //
To make Queen Ann Biskets
Take ye yolks of 14 eggs & ye whites of 7
beat them a quarter of a houre, then put in a pound
& half of fine sifted suger & beat it an houre
and half longer then put in a pound & 2 ounces
of flower well dry'd & cold again rub it through
a sive, put to it on egg yolke & white mix it
well together (then put in one ovnce of Carra=
=way=seeds mix all well together) & put it in
to pans, or leve of out ye seeds & it makes savoy
biskets, the oven must not be ^to hot less than half an houer
will Bake ym
To Make Bath Cakes
Take a quarter of flour and a pound of batter
and 6 yolks of eggs 2 whites 6 spoonfulls of Creem &
6 spoonfulls of good yeast beat ye Creem yeast &
eggs alitgether so pat it in to ye flower with ye
butter ^furst melted sturing it very well let it stand
by the fier aquarter of an houer let ye papers be
buttered then strew in 3 quarters of a pound of
Carraway Comfites sturing it all the while then
make it in to littill cakes.

To Make fry'd Toasts
beat ye yolks of 4 eggs put to them a pint of Creem
& grater in some nutmeg cut white bread toasts
& lay in this till thea are well soak'd, then fry
them in butter,

The Best Way of feeding killing
and Making Brawn

Some put up ye boars at to feed at midsomer
some not till ye begining of Aug: thea must be
put as private & remote from ye other swine as may
be you must often change their litter & as Clean
as possible, you must feed them morning & evening
with ye best whey and if at any time then leve
any behind it must be taken away & the []
Cleaned this must continue feeding ym with
whey till Mickelmas or thear abouts then you
must give ym ether wheat barly peas or malt you
must tive them a littill at a time and often
coming malt is what thea love best and agrees
well with them, yet at that time of ye year they
grow very danty & well eat but littill so that
you must be forsed to Chang thire Diet
however continue to give them whey for their
constant Drink & as soon as they you percive
ym fatt & they begin to loath thear Diet you
must kill them for when once thea fall
of & grow squeamish thea will never return to thear feeding that season;

Thea are Kill’d as common swine as soon as thea are struck you must let them get up and walk a bout ye place bleeding till they faint and fall down dead, then having prepared watter to scald them you must scrap & clean them with all care, which don you must take out there bowels and hang up ye brawn till ye next day hang it with ye head upwards then bone him and devide hime into 2 parts & out of each side cut 2 or 3 Colers akcording to ye size of ye brawn, the Colers must be put into a vessell fit fo r it, with clear water, it must be pretty well season’d with white salt, changing the water twise a day at least for three days successively, & adding fresh salt every time, & scraping the pieces every tiem you put them into fresh water very clean, with a knife to make them white as possible at the last watring, when you take them out let them strain well then roll & salt them well, they should be very close roll’d, & put in coarse cloth,

and bound round with girth webb, then boyl them in a furnace wth spring water in a gentle fire, constantly kept boyling for 9 or 10 hours or more, according to ye longness of ye collours, or age of ye boar, when they are nigh boyl’d they will come up & swim at the top of the furnace, & when they are as tender as a straw will pierce them, amke ym up cool enough to handle, take off ye binding, leaving the cloth on, then put ye collar into Tins made for that purpose, & wrap yr tins round the Collars as strait as you can, & bind them round hard with the same that you bound ye collar when you boyld ym, and let ym continue so till they are cold it mayes ye collars strait, smooth and close, when they are cold take them out & put them into pickle; ye brawn is best if it be but two years old.
To dress a Hare
Make a pudding in the belly with grated bread, sweet
herbs, Lemon pill, a little shallot, pickel’d barbarys,
some nutmeg & a little pepper, mixe all these with
an Egg, & put in the belly of ye hare with
two or three pieces of fat bacon, melt some
butter with Gravy, Anchovies, a little white
wine, and when the hare is roasted, take out
ye pudding, & mix with the sawes, bast ye hare
with water & salt in wch you must ^put an onion
sliced, when the hare is almost roasted,
bast it up with butter./
To make Ginger bread,
Take two pound of Treacle, two ounces of ginger,
sears’d, half a pound of butter melted, put it
to the treacle, then mince it with yr flower
& ginger, work it into a very light past, butter
ye papers & bake it in a very quick oven, it must not
stand above half an hour, dry & searse ye flower before
you use it –

To stew a Loyn of Veal
take ye best part of A Loyn of Veal
slice it & put it into a stew pan wth a
pint of water or A little less some pepper
salt mace & Lemmon peel lett it stew gently
for two hours wn yu think it is enough
put A peeice of flower’d butter to it
& some shred pickles
/
For Heart burning
Three ounces of Chalk, one of Crabs Eys, four scruples
of Red Coral, two scruples of Pearl & one of Netmeg. One pound
of White Sugur Candy, five scruples of Bole Armoniack.
Mix all these ingredients when finely powder’d with Orange=
Flower, or Rose water, just to make it a paste; then Roll it
out and cut it into Cakes with a Thimble. Put ‘em in yr Closett
or any place to dry ’em. The longer they are kept the dryer they
will be, and the dryer the better.

To Make Elder Flower Wine

To six Gallons of water put ten pound
of suger six pound of raisins raisins of ye sun
boil them together an hour, when it is near
cold, put a quarter of a Peck of Elder flowers
when they are ready to fall of let them lye in
it a day & a night then strain it & put to it
six spoonfulls of syrup of Lemons & four of
Ale yest tow days after put it in a vessell
which must be full with it at six mounths
or sooner if it is fine bottle it.

For a Cows Elder
Take two pennyworth of plantin
watter 2 pennyworth of Linseed-y oyl 2
pennyworth of oyl of swollows 2 pennyworth
of Oyle of Turpidine 2 pyw of sweet Oyl
mix all theas together and anoynt ye Elder,

To Make Pottato Starch/
Take your potatoes and pair them and lay them
in water for 4 or 5 days then grater them into a
lettle water then strain them into a panchon or
any howl thing with a pretty deal of water so let it stand
to settle very well and your starch will be all ye bottam

To whiten Cloth/
When your cloth comes from ye wearer lay it in wheat bran
& water for tow or 3 days then rench it out very well then
take a tub with a tap in it and your cloth in folds in the tub
and for for every twenty years of cloth or twenty pound of
yarn take 3 pounds of stone brimstone & beat it very fine
& shake a handfull of brimstone between every fold then boyl
as much Water as will cover up your witk Cloth in ye tub
with & pour it on boyling hot and cover up your tub with
all ye steem in it you can [fof] it is ye steem that Whitens

A receipt for the Gravel
~ ~ ~ ~ ~ ~
Take of Sassafrass wood 6 Ounces sliced
Sassaparilla sliced 6 Ounces Parsly seeds &
Saxafrage seeds of each 3 ounces of Horehound
1 ounce Juniper berries 1 OUnc Inward rinde of
Elder water Cressets of each 1 handful steep 'em
in 3 Quarts of white wine in an earthen pott
close covered 24 hours then put in 3 Lemmons
sliced with their rindes & halfe an ounce of
oyl of Vitrioll after they are sliced together
put them in a plain still & with a soft fire
continue day & night to destill 'em as long as any
moysture remains, Then put the whole destillation
together & bottle up in a Glass bottle keepign
it close stopt.

~ ~ ~

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Mrs Stephens's medicine for the stone and
Gravel and a particular account of the Method
of preparing and giving the same.

My Medicines are a powder, a Decoction, and Pills.
The Powder consists of Egg Shells, and snailies, both Calcin'd
The Decoction is mad by boyling some Herbs (together
with a Ball which Consists of soap swines - Cresses burnt
to a blackness and Honey in Water.
The Pills consist of snails Calsined, wild Carrot seeds
Burdock seeds, Ashen Keys, Hips and Haws all burnt to
a blackness, Soap and Honey

The Powder is thus prepared
Take Hens Eggs Shells well drain'd from the Whites, dry
and Clean, crush them small with the Hands, and fill a Cruc-
bible of the twelfth sise (which Contains nearly three pints)
with them lightly; place it in the fire, and Cover it with a
Tile; then heap Coles over it, that it may be in the midst
of a very strong Clear fire till the Egg shells be Calcined
to a greyish White, and acquire an acrid salt taste: This
will take up eight Hours at least. After they are thus Cal=
cin'd, put them in a Dry clean Earthen Pan, which must;

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not be above three parts full, that there may be room for the
swelling of the Egg shells in Slacking. Let the pan stand un=
covered in a dry Room for two months and no longer. In this
time the Egg shells will become of a milder taste, and that
part which is sufficiently calcin'd will fall into a powder
of such a fineness as to pass through a Common hair sive
which is to be done accordingly.
In like manner take Garden snailies with their shells, clean'd
from the Dirt, fill a Crucible of the same sise with them whole, cover it, and place it in a fire as before till the Snailes have done smoaking, which will be in about an hour, taking care that they do not Continue in the Fire after that. They are then to be taken out of the Crucible, and Immediatly rub'd in a morter to a fine pow=der, which outhgt to be of a very dark grey Colour.  
[indented] Note./ If pit Coles be made use of it will be proper in order that the fire may the sooner burn Clear on the Top that large Cynders, and not fresh Coles be placed upon the Tiles which Covers the Crucible. 
These Powders being thus prepar'd, take the Egg shells Powder of Six Crucibles and the snaille Powder of one – mix them together, rub them in a mortar, and pass them through a Cypress sive. This mixture is immediately, to be put up into Bottles which must be close stop^ted and kept in a dry place for use. I have generally added a small Quantity of Swines-Cresses burnt to a blackness and rub'd fine. but this was only with a View to Disguise it. The Egg shells may be prepar'd at any time of the year; but it is best to do them in summer. the snailes ought only to be prepar'd in May, Iune, Iuly, and August, and I esteem those best which are done in the first of these months.

The Decoction is thus Prepar'd
Take four ounces and a half of the best alicant soap, beat it in a morter with a large spoonfull of swines-Cresses, burnt to a blackness; and as much Honey as will, make the whole of the Consistence of Paste. let this be form'd into a Ball. Take this Ball, and green Chamomile of Chamomile flowers sweet fennell, Parsly and Burdock Leaves, of each one ounce. When there are not greens take the same Quantities of Roots; Cut the Herbs or Roots, slice the Balls, and Boyle them in two Quarts of soft water Half an Hour then straine it off and sweeten it with Honey.

The Pills are thus Prepared. 
Take equal Quantities by Measure of Snailes Calcin'd as before of wild Carrot seed. Burdock seed. Ashen Keys
Hips and Haws, all burnt to a blackness, or which is the same thing till they have done smoaking; mix them together rub them in a mortar and pas them through a Cypress sieve. Then take a large spoonfull of this mixture, and four ounces of alicant soap and beat them in mortar with as much Honey as will make the whole of a proper Consistence for Pills. Sixty of which are to be made out of every ounce of the Composition.

The method of giving these Medicines is as follows
When there is a stone in the Bladder or Kidneys, the powd: is to be taken three times a Day, viz. in the morning after Breakfast, in the afternoon about five or sixe, and at going to Bed. the Dose is a Dram averdupoiz or 56 Grains which is to be mix’d in a large Tea Cupfull of White wine, Cyder or small PUnch; and half a pint of the Decoction is to be drank either cold or milk=warm after every Dose.

These medicines do frequently cause much paine at first; in which Case it is proper to give an Opiae, and repeat it as often as there is occasion.
If the Person be Costive, druing the use of them, let him take as much Lenitive Electuary or other Laxative medicine as may be sufficient to remove that Complaint but not more: For it must be principal care at all times to prevent a Loosness, which would Carry off the Medicines; and if this does happen it would be proper to increase the Quantity of the Powder, which is astringent or lesser that of the Decoction, which is laxative or take some other suitable means by advice of Physicians.
During the use of these medicines the person ought to abstaine from saltmeats, red Wines, and milk, drink few Liquids and use little Exercise that so the urine may be the more strongly impregnated the medicine and the longer retain’d in the Bladder.
If the stomach will not bear the Decoction, the 6^th part of the Ball made in pills must be taken after every Dose of the Powder.
Where the Person is aged, of a weak Constitution, or much reduced by loss of appetite or Paine, the Powder must have a greater Proportion of the Calcind Snailes than according to the foregoing directions; and this
Proportion may be increased suitably to the nature of the Case till these be equal parts of the two Ingredients. The Quantity also of both Powder and Decotion may be lessened for the same Reasons: But as soon as the person can bear it he should take them in the abovementioned proportions and Quantities Instead of the Herbs and Roots beforementioned I Have sometimes useed others, as mallows, marshmallows Yarrow red and White, Dandelion, Water-Cresses and Horse-Radish Root; but do not know of any material Difference.

This is my manner of giving the Powder and Decotion as to the Pills their Chief use is in fits of the Gravell, attende'd with Pain in the Back and vomiting, and in suppressions of Urine from a stoppage in the ureters in these Cases the person is to take five Pills every Hour; Day and Night, when awake, till the Complaints be remov'd. They will also prevent the Formation of Gravel and Gravelstones in Constitutions subject to breed them if ten or fifteen be taken every Day.

A sleeping Dose
Ten grains of Balsam of Peru, thirty drops of Laudanum, thirty drops of Castor, mix the Balsam with the yelk of an Egg.

Commentary by me:

This is proved by me Lady Shirley (Katherine died in 1672 and there was no other Lady Shirley until the 18th century. . .), but it seems that Dorothy names herself this and someone else this that she would have known in 1699.

Anne Shirley, was the wife of the Laurence Shirley, who was not an earl, and mother of a murderer, who was an earl. But she was also the older sister of Dorothy.