

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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[upside down]
The Eye Water
~~Take~~ Take

fol. 2v

1
Sauce for a Hare
Take Sorrell or Parsley or any other good Herbs, 2
Eggs boyled hard, shred ym both together very small,
put to ym a good handfull of Currants, fill the
Hares bell with this, and roast ye hare with this
in it, & when it is roasted take it out, and put
to it Veriuce, butter and sugar as you like it, &
so serve ye Hare on it./

To dress a Carp with black sauce.
The Carps must be taken alive, and slit in ye midst,
save all ye bloud, and take nothing of ym, but
ye guts; the Liquour to boyl ym must be half
water, half wine, season it wth a little salt, put
no more liquour to it, than will couer ye fish;
ye Liquour must boyl before you put in ye
Carps, and it must be kept boiling; then melt a pound
of Butter so well, that all the scum may be
take off; when the Carp is half boyld, pour in
the Butter, and season it with Spice as you like it.

fol. 3r

2

the spices are Ginger, Cloves, & Nutmegg: 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 thicke 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

fol. 3v

3

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 thicke; 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 Walnutt (in the holes that hew made to water them) a Stick of Cinnamon, and a Clove or 2, and preserve.

fol. 4r

4

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./

fol. 4v

5

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 after a 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./

fol. 5r

6

Puddings.

A Quaking Pudding.

Take a Pint of good Cream, & Nutmegg out in quarters
a little whole Cinnamon, 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 ym 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 thme in salt and watter twice then take a littell watter & 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 rabbitts and dry it well then take half a pint of oysters put them into th erabbets belly three or four shallots ~~put~~ shreed whole pepper large mace tow or three spriggs of thyme and a ~~few~~ 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 S^uger 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 serssed 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 otgether
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

fol. 6v

9

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

fol. 7r

10

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 vineager, 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 boyl'd take it up, & stuff it with beef swett or marrow, you must take a little tyme, parsly, sweetmarioram, pennyroyall 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 boyl'd a while then you fol. 7v

11

must take a great deal of spinnage, marygolds 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 fol. 8r

12

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 pick'd 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 water untill it be a lelly, 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

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and Nutmegg. 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

fol. 9r

14

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 inot 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, nutmegg, 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 fol. 9v

15

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 with 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 nutmegg, 2 pound of currans, & a pound of raisins of ye Sun, Sugar and a little Rosewater and veriuce and an apple or 2 fol. 10r

16

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
refin'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
luice & 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

20

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 luice and Pulp, and mix them altogether with the luice 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 it inot broad glasses, and when it is candyed 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 boyl'd, 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.// fol. 11v.

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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 fol. 12r

22

To make Mead

Take 4 gallons of water, 8 pound of honey,
boyl them well together, 3 ounces of Ginger,
3 nutmegs, 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./

fol. 12v

23

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. /

fol. 13r

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 iuce from them & give it aboyl agane
and take of this iuce 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.

fol. 13v

25

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,

fol. 14r

26

The Recept for 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
pouer 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 larg sponnfull at a time;
a spoonfull or 2 of treakell watter aded to all
theas are very good and safe; this Cordiall
is good if you fear fets in Cheldron which
is ~~offen~~ ofenoccastioned by the wind gripes
in small Cheldren,

fol. 14v

27

4 galant 2 quarts of water

fol. 15r

28

Goosberry Vineger

Take your Gooseberreys when full ripe
brush them well then measure them
and to every quart of this ~~mack~~ ^mach 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 furst thow A
Cavass and after let it run, throw A flannell
Bag then put to Every Gallon of this Liquer
a pound and quarter of good clear brown sugar
stirring it very well before tis barrellled
up about may following it well be fit to use/

To Pickle Mushroms

Take those that are close like a Button &
cut of the Stemms rubb them clean with
a pece of white flanell and as you clean
them put them in watter, wash them Clean
& Boyle them in watter & salt half a qr of a
hour then stian them out & put them in to watter
and salt till your piclel 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 ocaion you may do the larger
musherooms 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. //////////////

fol. 16r
30

fol. 16v
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fol. 17r
32

fol. 17v
33

fol. 18r
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fol. 18v
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fol. 19r
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fol. 19v
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fol. 20v
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fol. 21r
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fol. 21v
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[Two pages [fols. 22 and 23] cut out, pagination ends]

fol. 24r

To preserve Maidenheads

24v–39r blank

40–42 cut out

43–54 blank.

Rest of book do-si-do

foliation begins again at back

fol. 1 r [page torn bottom third]

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 beatten; a quarter of a pound of butter so wet it
with milk & mix it together seasoning it with salt to your
Liking

—

fol 1. v

[blank]

fol. 2r

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 suger 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 yoru 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.

[writing practice scratchings along the bottom]

fol. 2v

[blank]

fol. 3r

Goosberrys Wine

Take 4 gallons of white goosberry Ripe stampe them in a mortar 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 unpleas= sant) then Lett it run through a course haire siue pressing the pulpe with your hands that all may goe through except the hvskes & stalkes then put it preseantly up into a close vessell, & to euey gallon of Liqueur put a quartter of a pound of sugar stop it close Leaving only a hole to purge att it you may keep that hole clos 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 euey gallon so bottle it & you first pears it Let it stand for it will be clear at Last

fol. 3v

[blank]

fol. 4r

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 litle 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 perceiue 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 houres 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 pinte
of Creame. then coole it unitl it 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 litle 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 seasond 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
keepe 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 ffresh Cheese fo the stroakings
of a Cowe

Take a Gallon of stroakings fo Milke from ye Cowe
boyle it & when it is cold enough sett it together wth
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 & haue
some sweet creame ready boyled & seasoned whith Rose-water
& sugar you must cutt a Nutmegg in small peices & let
it lye all night in ye Rose-water & so season your
Creame with the Rose-water & suger and when your
Creame is boyled & thorough cold then putt a litle of
it to your curd in the bason & breake it well togeather,
then putt your curd into a Cheese fatt panne when
you serue 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 ym & take out ye coares, and
sett ym stewing in a silver dish wth a litle faire water
adn suger & a spoonfull of Rose-watre till

fol. 7v

they be very tender then boyle a pinte and ahalfe of
Creame and when it boyles upp take it off & putt
into it the yokes of three eggs uery well be
beaten wth a litle 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 Cream

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 possset
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 /

fol. 8r

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

fol. 8v

first & betwixt every laying of your leaves sprinkle Rose-water & stiew some suger: but be sure yt befor you mak upp youer Cabbage your leaves be thorough dry from ye milk, & then you may make it lik a Cabbage when it is made it must lye a night a litle aside yt ye Rose-water & suger runn from it

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 litle onyin & Lemon minced; mingle all these together; then beat some Oyle & Vinegar wth a little salt & mingle with it./

fol. 9r

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 & wheⁿ
it is boyled take the barley out of the milk &
put it inot ye boling Creame & let it boyle a litle,
put in a litle 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 litle 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 litle nutmeg
when all these are stirred together, take ye quantity of an eggs
in butter; & cutt it into litle bitts, & lay ym all over ye top of
ye pott, then bake it wth household bread you may also putt in
raisins and Currans if you pleasel./

fol. 9v
[blank]

fol. 10r

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 beee: then cut as much bisket thinn as paper as
you think [written over fitt] fitt & put it in let yor Creame boyle befoir you
put yor Almonds or biskitt into it when it has boyled awhile

fol. 10v
[blank]

fol. 11r

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.

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 litle Cinnamon & rose water
& sugar to season it: boyl ym well stirring ym cont
-nually 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,

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 litle suger; so dish
it up & lay it wth sippets of a litle lemon round a
bout 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 # it hott

A sack posset

fol. 12v

[blank]

fol. 13r

A very fine Cream

Take ye stroakings of a Cow & a litle Creame & set it on y

fire, put a burisedd nuttmeg & a litle rose-ary into a fine ragge & boyle it in ye Creame one whalme, then take a little iuice of Lemon & and wring it into it, begins to turne let it stand a little while, then pour it on a thinn Canvass, ye ye whey may run from it, then take fine Sugar Rose-water & Amercece a little, & so serve it upp

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.

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 ~~litle~~ little butter in the bottom fo a preserving pan while that pan is cold and 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]

fol. 15r

~~To make an Al~~

To make Cheese called Angelots

Take 2 gallons fo milk from the cow, the ~~cream~~
cream of 4 gallons of nights milk; put thereto a
little ~~runnet~~ ^runnet, yt is extraordinary good so lett it
stand 24 hours, then break it ^or gather^ together xx 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

fol. 15v

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

fol. 16r

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 haveing 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 litle 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

fol. 16v

eggs; season it wth a spoonfull of rose water, whole
mace suger, nutmeggs, and a little Cinnamon; let it
boyle wth continual stirring half a quarter of an
hour, have in readinesse a quarter of a pint of fferen^{ch}
barly being boyled in 3 severall waters put yr
creame into yr crame in a heape, yr water
being very well strained from it, them serve it
in wth suger,

line

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,/
line

fol. 17r

[left margin 31]

A Creame Sillybub

Take sack, white-wine, lemmon, good store, as you like it,
sweeten it, & if you will have it, most curd, you must
not, not fill yor sillybub-cupp halfe full of liquor
then take yor cream & boyle it, & let it stand untill it
be something warmer then milk from ye cowe, then
poure it as high as you can into ye pott; you must not
eat it, unitll it has stood, if you make it in ye
morning you must not eate it till night, if you
make it at ngiht you may eat it ye next day
at dinner: It is best in a glasse sillybub
pott/
line

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

ferreely; then have in readinesse 10 eggs whites
& yolks very well beaten & strained wch must
[left margin 32]
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 litle 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
[left margin 33]
preseruing 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 euer you take
ym mixe [? - two words written over each other] your eggs & cream to them but let them no
no more on the fire last yoe eggs curdile, 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 nutmegg,
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 spoonfulls 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

com
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 therto a pint of cream then put in a
little runnet and cover it close and when it is
come tender take a chese 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 #] 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
scimming-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

fol. 20v

[blank]

fol. 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 ~~b~~ bason in the water Much as will
well Couer them, ^lett them^ boyll till 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 then 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 lelly, 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 juyce of a Limon and sweetened
with suger so sett it ouer the fier till 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
chear Liokure in the bottom of the
glass and fill them with the froth
as you take them of

fol. 23v
[blank]

To Make my Lady Shirleys thick Cheese

Take 12 Cowes milke at ngiht &
make a cheese of it 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
keepe, 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 Cheese fatt 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 yeares end.
two lines

fol. 24v

To make a Rich Cake

Take ~~xxx~~ Peck of flower very well dried,
& 9 pound of Currant clean washed, dried,
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 Pint 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 Currans 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 broath, & sett ym on the fire in it; when tey be scummed put to ym a few cloves a litle whole mace, a sliced pippin, & 3 spoonfull of verguice; when they are halfe boyl'd, then put in a great bundle of s[^]weet hearbes, & a little minced sorrell, a few Almonds beaten very small wth 4 spoonfulls 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 smal 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 betweene 2 dishes on a Chafingdishe of coals, & boyl them wth a litle wine & vineger wth grated bred & ginger & put to it a litle butter and so serue them upp/

Sauce for Robbetts

Trusst like fowles

Take a quarter of a pint or better of white-wine fowre Anchouies, 140 or 12 slices of cucumbr one onyon slice it, let all thes stepe in ye whitewine ye while ye Rabbets are roasting, & when they are almost enough pour ye juice of these into ye sauce pan ye Anchouies I supose disolved

fol. 27v

[blank]

fol. 28r

To Marinate Flesh
line

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 uineger bould ym together then
~~xxx~~ larg mac ginger slised & beaten
ximes this sliced nutmeigg & 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 lemmon, 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 litle, 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 litle white wine 7 hard yolkes
of egges, strain ym wth ye broth; then takes
it and put it into a pipkin or dish: then
put in a litle vineger, a litle large mace &
cloves, & a litle 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 litle 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, lettice, of each a
litle 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 &
sosome it oup,

line

To make a Cold Hash

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

fol. 30v

[blank]

fol. 31r

Abroth to keep ye body soluble

Take a knuckle of veale, & put into it mallow
mercury, & violets, of each a good handfull, a
litle white endiffe & alitle 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/

fol. 31v

then take a quarter of a pound of raisins of ye

fol. 32r

To make a minced Sallett:/

Tale 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 budds, purslaine sltalks; picked; mince

mince all these severally very small, then take raisins of ye sunn, pick out ye sotnes and mince ym, Citron & Oringada finely minced, some currans well wash^{ed} & dryed, 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 clovegilly flower vineger mingled wth suger Mingle all these together according to ye direction of ye party that maks it//

To boyle a peice of Beefe
Take a Rump 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 boyled & halfe white wine put it to carrots, turneps collyflowers, greene onions, sweet herbs, lettice, spinnage & sorrell; 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 wht ye liquo through a Cullender yt you may take up ye hearbs & chopp ym small; then cutt & mingle wth ym pickled ~~cum~~ 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 litle 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

line

fol. 33v

To make a Dish of steaks

Take a breast & a coast fo mutton, cutt ym in small peices, bones and all, wash all clean & put it into a pot put a quart of wine & a litle 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 litle salt, season, yoe pot & make brewi, & lay yoe stakes upon ym so serve ym upp./ /

fol. 34r

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,

fol. 34v

fol. 35r

To make a dish of steaks

Take a breast & a coast of muton, cutt ym in small

fol. 35v

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 dried & 9 pound of Currans clean washed dried & 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 finly 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 xxx Sacke xxxxxx~~
~~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.

fol. 36r

then pu in the currans to your cake & halfe an ounce of Carraway seeds & some Candyed Cittron & 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= watter & 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.//

for

for

fol. 36v

To Make a seed P 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

fol. 37r

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 lettice to thicken it,
then season it wth a litle mace, vineg^{ar}, 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 litle 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

fol. 37v

[blank]

fol. 38r

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 sirrups as to couer them pour it on them & lett it
stand for 3 days & every [^]3 days bo^{ile} yr sirrups & scumm it for
5 or 6 times & last time boile ye Cittron also till that
look clear & ye Sirrups 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

fol. 38v

plase, when you spend it you must make a
jelly of pippins or lohn Apples to serve it up,
& put some luice of lemmon in ye jelly & if you find yt in
ye surrups ye cittron begins to work or candy, put a littile
water to ym & boyle ym: but if they candy you must
put in the more water =
line

fol. 39r

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

fol. 39v
[blank]

fol. 40r
the Better Draught
hear begins
thee good Recepts the other of
Most of them not good: for any thing

+ Take cardus senttuary camille mint
peneryol sage rue of each a good hand=fulle
2 penworth of gension 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.//

fol. 40v
A very good receipt
for the Eyes

—

Take a pint of Sack :3: penworth

of Tuty 2 penworth of Aloes a letel camphir
put them all finly powdered into ye Sack &
affrer 24 hower you may vs of it //

fol. 41r

To make a Cake

Take five pound of the finest flower dried
Loufe suger four ounces Cloues and mace half
an ounce beat them very fine and mingle them
alltogather 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 blood warm, put in the flower with
the rest of the things being all in rediness,
mix them Lightly togather 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

fol. 41v

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 sifted 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/

fol. 42 r

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 clous
stopped and let itn ye senders or with in ye warmth
of ye 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 appell 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 candyed anife to
turn out turn them and xxxx them as you
please and keep them in your stoue till thea
are drie/

To make ba~~r~~berys 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 barberys and when you have made them set
them to the fier to drie.
line

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 through 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

fol. 43v

nutmegg: 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 boyll 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 Ciuet 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 lettill
cakes to burn //

To make Oreange 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 ~~serese~~
Oringes pared very thean & draw it of in a
balnieo then sweeten it with 3 quarters

of a pound of at le^ast 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, you# 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 lelly of Harts=horn wherein you have
infused a small quantity of safron this done nad
your Balls formed to you desier lay them
to drye 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 watter which
must be taken two or 3 howers after ye patient
hath eaten & after he hath taken it to lay
Cion ~~xx~~ sealf 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
handfull Gentian roots Elecampaine roots ~~tor~~
Tormentill of each A handfull shred all thes
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
scearce 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 &
shread ym very small & boyl them in a pint
of creame till it is come to an oyle then strain
it through a fine Laune & mix it with honey

fol. 46r

and as much burnt allome as will give a lettell
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 Spearment, Scordus: Benedict
g Dragon Fetherfew Motherwort wood sorrell
Avens Burnet Galingale mary gold flowers
Borage flowers Coustip flowers Panse flowers of
each half a pound of Rosemary a pound a
lettell 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 disstill it
(you may add of fine methuridate 4 ounces & 6
ounces of Andromice Treacle mixing them with

fol. 46v

the other when you are ready to disstill ym
(these I never put in) weight ye herbs green as
they be & so disstill 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

to=gether you must past 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 oyl & 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 Rossmary of Ellycampain
tormantell Roats and gention of each 2 ounces
and of each of thees flowers Rossmary
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

coullered 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 aganst 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
fortty grains of safforans Keep the
bottel Clouse stoped for your usse
line

fol 48v

This is Rare in Collicks ore Laber
in all pestylentyall diseaseses a good
sponefull is enough 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 & ~~ty~~ 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

the ingredyance 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 anoynting ye back of ye
woman & a spoonfull all so ~~taking~~ taken
inwardly.

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 handfull of sliced pippins one or two,
of common sorrell half a handfull boyl these
in 2 quarts of watter 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 Consumpcon

Take 12 new laid eggs boyl 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 syrups in them yn take
one ounce of ye Syrup of mayden=haire=
coltfoot & 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 evill 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 & ~~rains~~reyns br^eaking
Imposthumes,

fol. 51 r

easeth *the* menstrous 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 Frankinsence 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 & whilest it is yet warme put in
your powder of rosemary & stir it

fol. 51v

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 anoynt
the place grieved & keep it warme with

clothes but with out *the oyle this this*
oyntment is a very good searchcloth
double lines with flourish
1699

fol. 52r

To Stop Bleding at
ye nose
line

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 severall
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 party water to drink to very
thin broth for diatt for a day ore too

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

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

consumpcon if it be with it
Take a peck of fresh gatherd 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 straⁱⁿ^{ed}
out,

fol. 53r
and put to it :12: of ye biggest & best civil
oranges you can get & 2 of ye best lemmons
you must squeez ye iuice 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 Perasallas~~
Take of the

To make milk watter
line
Take tops of firr tree & Cypress of each
€ 6 handfulls, roots of meallony & marchmall=
=ows half a pound of liquorish sliced 3 ounces
figs & dates of each in ~~m~~ 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
lesuits Powder

Upon on of ye well days it will be
~~een~~ convenient to give a gentle purge
or if ye patient be apt to vomit, to give
a good quantity of Cardus possit 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
lesuits Powder either mixt in sage posset
drink or any other posset drink and drink
a draught after it.

fol. 54r

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.

line

Against ye Palsie

The Palsie watter

by Dr. Sheldon

line

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

fol. 54v

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 sevrall & 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
citrron 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
dubble bladder then let them ~~sipl 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

[page seems to be missing]

fol. 55r

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 anynt 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

fol. 55v

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 mortar; then take :3:
pound of sheeps suit Hot from ye sheep
w 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
alltogether till all be alike saft;
then Couer it Close & Let it stand :8: or :10:
days; then boyle alltogether with A Gentle
fire; when it is halfe boyled: put to it
:3: ounce of oyle of spike; boyle all=
together then strane it through A Canvas
clouth; loue it & keep it for your
vse, It cannot be made Exactly but at ye
begining of Iune.

fol. 56r

The vertues

It is good for ye paine in ye Ears;
for Achess & swellings stichess bruising
scalding; it is also good for A Stuffing
at ye Stomack caused by a cold anynting
ye stomack & Laying A peice of fflanell
or London Browne paper upon it.

A Hysterical lulep

Take Mugwort water, Pennyroyall watter of each
3 ounces come pound briony watter 2 ounces, tinctuer
of castor a gr of an ounce. Sweten it to your Likeing
when you take it

For to clean the teath with

Take a little hune and sett it on the fire and when it is wome put
in some boyle allmineck which is very finely serced & putt it in
by degres 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

fol. 56v

An approued Medicine for ye Flux or
any Loosness/

Take a ~~pot of~~ ^pot=full 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 nutmegg
sliced in, 4 quarters; boyl 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

fol. 57r

rwing them dry then beat them in a mortar
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 toge=
=ther doing them down with the back of
the spoon ty it up close for 3 days stur~~in~~
=ing 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 fo Alloes & 2 ounces of
Asefettita & 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 Chunderboltt 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 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

Willowby./

The virtues of this plaster is more
then can be wrote for it hath by god
help & blessing cured the saddes sore
breast that ~~reer~~ 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 litarge of gold

purely done and poudered 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 a make it by spoonfulls at a time till all is done, you must anint 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 ounceis of Luniper berries, & three ounceis 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 cordiall expelling malignity or venom from the heart taken one spoonfull at once, either alone or with a little syrrop, 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 syrrop 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 cheifly use it in most cordiall iullips, 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 cheifly use it ~~to~~ cheifly 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 Syrrup 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 cheifly 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 stilled 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

Betty 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 lulips 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 ~~Poppy~~ 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 whilest 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

fol. 63r

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. ~ ~

fol 63v

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 three 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

fol. 64r

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

fol. 64v

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, & foseit 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, ~~###~~
~~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 Jenkins^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 yeharbs 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 together & it will be of a tightstreng^th
to use ye longer tis keep't the better.

— — — —

This water may be made a small quantity.

fol. 67v

exactaly deviding all the quantitys for this receipt
will yeald ~~12~~^12 quarts. when Disstelld. 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 poudere
or venes Treacle; adn is it self excelent in any
feavourish 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 handfull, pour upon the Ingredients a quart of black cherry water boyling 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

fol. 68r

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~~ ^{pint} ^ quart of sweet cream, and as much new milk, and a handfull 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

fol. 68v

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. /

fol. 69v

thes Receipts I had of
Lady Digby:

To make Orange Wine

Take six gallens of springe water fo the best
Suger 12 pounds 4 whits 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
warne 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
fol. 69v

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 watter 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

fol. 70r

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 wth dry'd
bread & a knuckle of veal, in ye middle,
then put your dryed turnips round ye meat,
& a little chevril, a little spinage ste'd
together ste'd over ye broth to serve it./

--

To make Bath Bisquets

Take on ounce of Carraway seeds five
ounces of sugar tow pound of flower mix them
well together then put in half apound of butter
& rub it in till tis all melted then put in
a quarter of apint of Barm and about apint
of milk or as much you find will wet it work
it well together then lay the past on tin plats
and cut it in long peces then Bake it it must
keep in a warm place or it will grow soft.
to eat with Tea, or Coffy

fol. 70v

To make Lemon cream

Beat ye whites of 4 eggs very well put to
them apint of Watter ye luce of tow Lemons some
of ye pill oring flower Watter & suger to your
tast boyl it ~~wit~~ with a quick fier and keep it
stiring strain it of quick in to ye Glasses./

--

--

White Wine Cream

--

--

put to a pint ^of white wine^ a Coffy cup of watter the luce
and pill of on lemon ye yolks of 4 eggs & ye
whites of 2 sweten it to your tast set it
over ye fier keeping it stiring all the
while till it is just boyls then take it of
ye fier & stir it till it be allmost cold
then put ~~then~~ it in to ye glases : you may
cut some lemon pill thine & small & put
in it;

fol. 71r

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 with 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 thicke 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 powder suger.

fol. 71v

=And let it boy no more after ye suger is in then just to rais ye scum when it is clean scumed set it to cool & when tis of aconvenient 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

fol. 72r

To Make Bath Cakes

Take a quarter of flower and a pound of batter
and 6 yolkes of eggs 2 whites 6 spoonfulls of Creem &
6 spoonfulls of good yeast beat ye Creem yeast &
eggs alltogether so pat it in to ye flower with ye
butter ^furst mellted 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,

—

fol. 72v

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 barley 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;

fol. 73r

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 ackording to ye size of ye brawn,
the Colers must be put into a vessell fit for it,
with clear water, it must be pretty well season'd
with white salt, changing the water twice 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,

fol. 73v

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. /

fol. 74r

To dress a Hare

Make a pudding in the belly with grated bread, sweet herbs, Lemon pill, a little shallot, pickel'd barbarys, some nutmegg & 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 –

fol. 74v

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, iust 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.

fol. 75r

To Make Elder Flower Wine

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To six Gallons of water put ten pound

of suger six pound of ~~rasins~~ 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,

fol. 75v

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

fol. 76r

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 Luniper berries 1 OUnce Inward rinde of  
Elder water Cressets of each 1 handfull 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.

~ ~ ~

76v

[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 snailes, 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 Cru-  
cible 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;

fol. 77r

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 snailes 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 Snailles 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 mortar to a fine powder, which outght 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 snaile Powder of one – mix them together, rub them in a mortar, and pass

fol. 77v

them through a Cypress sive. This mixture is immediatly, to be put up into Bottles which must be close stop<sup>^</sup>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 snailles 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 mortar 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.

fol. 78r

The Pills are thus Prepared.

Take equal Quantities by Measure of Snailles 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 powder 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.

fol. 78v

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, during 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<sup>th</sup> part of the Ball made in pills msut 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 Snailles than according to the foregoing directions; and this

fol. 79r

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 Decoction 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 used 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 Decoction 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.

fol. 78v

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.