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## V.b.13: Cookbook, ca.1678-ca.1689

fol. 3r

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To make water of life

Take Rosemarie flowers 2 handfulls Rue vnset time Iermander Ribwort, margerum winter-savorie, costmarie, harts-tongue mouse are wormwood, buglass, red-Sage, of each one handfull, liuerwort, horehownd, Lauender, hisope, peneriall, red fennell, of each one handfull, and of elecam= pane, rootes 2 handfulls, cleane pared, and sliced, shred all the hearbs, then take 4 gallons of the strongest ale and one gallon of Sack lees and put ther in the hearbs and rootes, with these parcels following viz: i pound <sup>of</sup> brused Lycoras, first cleane scraped d<sup>li</sup> of anniseedes on ounce of mace 2 ozes of nutmeggs all bruised then stirr them altogether in your stilling pot and set the pot on the fire whereon set on your limbecke very Close that no aire issue forth and so let it still always aplyinge <sup>^</sup> the head of the limbeck with Could water and when you have drawne a gallon take it being the strongest and put it into a glasse with a wide mouth and put therin one of your best wafer with one handfull Rosasolis vnwashed and cleane gathered i pound of dates bruised the stones and the gales taken out i<sup>d</sup>; of graines halfe a pownd of fine sugar beaten halfe an ounce of seed peale in powder & 3 leaues of paper of gold then stir them all well together with a spoone & stop your glass soe close that noe ayre issue forth and sett the glass in the sun

Rosa-solis Restorative

Take rosa solis and in any wise touch not the leaues in gathering them and do not wash them, then take a pottle of aqua vite & putt them to gether in a vessell, closely stoped & so let them stand 3 dayes and 3 nights the 4<sup>th</sup> day strayne it into a glass or pewter pott & put therto i pound of sugar beaten small half a pownd of dates the stones and gales taken out and the dates cutt in small peeces, mingle all, well together & keepe the glass as close as you may that noe ayre issue forth then drink therof to bedward and fasteing with one spoonefull of ale for ther is not the weakest body in the world that wanteth or strength or that is in a consumption butt it

will restore him againe & make him stronge and lustie and allso to haue

**front outside cover**

**front inside cover || folio 1 recto**

~~to the poole~~ october 16<sup>th</sup>  
to serue Mr Iames  
Frances Davice Came to Serve me October  
the 23 1683

~~March the 25~~ 1684

~~One from f frances fformer~~ 4<sup>li</sup>-5<sup>s</sup>-9<sup>d</sup>  
~~what which remaynes unpaid in~~  
~~his his his handes as~~  
aboue

~~Wollasten~~

to meete at Lentrud 29 at wolaston  
May the 22<sup>nd</sup>-1685  
There Remayneth one from ffrances  
fformer to Mr Iames for Rent}  
04<sup>li</sup>-05<sup>s</sup>-0

June 29 89

8  
~~paid~~ ffarrer In the whole for stone diginge 9  
~~paid .... paget 8-5~~  
paid ffarrer Iim 20 1  
send In 5 whole 13  
by me Henry Bagott

Aug 13 ~~paid~~ paget 9

Ludleges 3 at 28 acless  
close adigite to S Paye 3 acless  
Brerey leasin 5 acle  
Sidgree leasin - 14 acle  
Stocten a acleas  
Anie Iemes - 6 acles  
above side grev leasin 2 acles  
the medow 2 acles 4<sup>s</sup>  
the bancte - one acte & a halfe

**folio 1 verso || folio 2 recto**

September 13 89  
then received of Higns Iames the  
sume of 23<sup>li</sup>  
by me Henry bagott

Received this 29 of November 1678 mr Higgins James  
the full sum of five pounds upon account of worke done for him  
by me Henry Bagott } 5-0-0

Received this 15 day of february 1678 of mr Higgins James  
the full sum of sixteen pounds ten shillings upon account of worke  
by me Henry Bagott

Received this 4 day of Iuly 1638 of Higgins James Esquire  
the full sum of three pounds upon account of worke  
by me Henry Bagott

Received this 15 day of September off Higgins James Esquire  
the full sum off three pounds upon account of worke  
by me Henry Bagott

folio 2 verso || page 1 (folio 3 recto)

3

To make water of life

Take Rosemarie flowers 2 handfulls Rue vnset time Iermander  
Ribwort, margerum, winter-sauorie, costmarie, harts-tongue mouseare  
wormwood, buglass, red-Sage, of each one handfull, liuerwort, horehownd,  
Lauender, hisope, peneriall, red fennell of each one handfull, and of elecame  
pane, rootes 2 handfulls, cleane paared and sliced, shred all the hearbs, then  
take 4 gallons of the strongest ale and one gallon of sack lees and put ther  
in the hearbs and rootes, with these parcels following viz: i pound <sup>^</sup> of brused  
Lycoras, first cleane scraped <sup>d<sup>li</sup></sup> of anniseedes on ounce of mace 2 ozes  
of nutmeggs all briused then stirr them altogether in your stilling  
pot and set the pot on the fire whereon set on your limbecke  
very Close that noe aire issue forth and so let it still alwayes  
aplyinge <sup>^</sup> the head of the limbeck with Could water and when you haue drawne a gallon  
take it beinge the strongest and put it into a glasse with a wide  
mouth and put therin one of your best water with one handfull  
Rosasolis vnwashed and cleane gathered i pound of dates bruised the  
stones and the gales taken out i<sup>d</sup> of graines halfe a pound of fine  
sugar beaten halfe an ounce of seed peale in powder & 3 leaues of paper  
of gold then stir them all well together with a spoone & stop your  
glass soe close that noe ayre issue forth and sett the glass in the sun

Rosa-solis Restorative

Take rosa solis and in any wise touch not the leaues in gathering them  
and do not wash them then take a pottle of aqua vite & putt them to  
gether in a vessell, closely stoped & so let them stand 3 dayes and 3 nights  
the 4<sup>th</sup> day strayne it into a glass or pewter pott & put therto i pound  
of sugar beaten smale half a pownd of licoras beaten to powder being first  
cleane scraped halfe a pownd of dates the stones and gales taken out and  
the dates cutt in smale peeces, mingle all, well together & keepe the glass

as close as you may that noe ayre issue forth then drink therof to bedward and fasting with one spoonefull of ale for ther is not the weakest body in the world that wanteth or strength or that is in consumption butt it will restore him againe & make him stronge and lustie and allso to haue

page 2 (folio 3 verso) || page 3 (folio 4 recto)

a good stomack & that shortly let him vse it 3 times together and he shall find greate ease and reamedy & comfort therby and as he feeleth him selfe, soe lett him use it

To make rosa solis

take an hearb which in latin is caled rosasolis and groweth in marish places this hearb must be gathered in Iune of Iuly, about noone in a bright <sup>sunshine</sup> day and when it shineth on the hearb the leaues are little but of greate vertue being used acordingly, the saide hearb finely taken up soe as you haue the dew theron for lacking the dew it lacketh the vertue in a cloudy day it ~~out~~ ought not to be gathered you must prepare to haue a vessell of silver tinn or glass made very Cleane and dryed from other moystire and put your leaues soe gathered in such a vessell by an iust measure videlizet into a quart or pottell accorde as you canne or will gather put to your leaues the iust proportion of the best aquavitie as to a pint a pint & then close your vessaile fast and let it stand three dayes and three nights if you haue a pottell of leaues and aquavite take <sup>li</sup> of suger finely beaten and on pound of dates mundified shred and finely sliced if lesse then a pottell then accorde to the proportion and after the three dayes and three nights afforesayd put to it the suger and the <sup>li</sup> Dates then close fast againe and let stand other three dayes. and three nights after the sixe dayes and six nights take out and straine it into some such vessell as siluer glasse or tynne and then you may giue thereof to any sicke *person* three or foure tymes in the day on sponfull at once if he be very weake

3

afterwards two or three spoonefulls at once if he like therofe this must be done with good discession for he may giue too much to a Cholericke or sangwyn Complexion for they be both hot the sangwyn Complexion hot and moist the sangwn hot and drye

To make aqua Composita.

Take ale nutmeggs Cloues, Cinamon ginger lichoras

Annyseede rosemary ffennell and the Rootes *parcly* and the  
Rootes violet leaue strawberry leaues Angellico rootes Allicompane  
Rootes raisons of the sonne and ffiggs the whole stamped in  
a mortar and put into the ale and let it stand in steepe fower  
and twenty howers and then distill it through a Lymbecke

To make Sinamon water

Take a pottell of claret wine <sup>i<sup>li</sup></sup> of good sinamon briused and  
enfused in the wine a day and a night and stirr it often  
times first puttinge in a pint of rosewater then still it  
with a soft fire/

To make meade

Take your honny and water and mixt it vnto geather till it  
be so stronge that it will beare an egge then boile it and  
clarifie it from the dreages cleere then put to sage  
sparemint Isop of each on handfull Rosemary Rue  
and wormewood of each halfe a handfull to or three  
fennell rootes five or sixe *parcly* Rootes d oze of mace  
two nutmegges then boile it the second tyme vntill  
the hearbes be tender then let it cole and clarifie  
it as before and put it into your vessaile. / looke. page. 27

To make Ipocras good for a Cold  
stomacke and nessesary for a souldier

Take a pint of aqua Compossita 2 ozes of Cynamon i oze of  
ginger <sup>ii<sup>li</sup></sup> of sugar <sup>ii<sup>d</sup></sup> of cloves and almost <sup>ii<sup>d</sup></sup> of  
nutmeges briused all put all these into a faire glasse

**page 4 (folio 4 verso) || page 5 (folio 5 recto)**

or close bottell and when you will make your Ipocras take  
a pint of whitewine and what culler you will and  
put so much suger into the wyne as will make it sweete  
then let your wyne Runne through a strainer with  
a spoonefull of that in the gasse you may doe  
it with water insteede of wyne/

To make Ipocras

Take a gallon of Claret wine i oze of Cinamon ii oze  
of ginger i lb of suger 20 cloues 20 cornes of peper bigge  
beaten and so let all these soake togeather all a night  
then let it Runne through a bagge and it wilbe good  
Ipocras./

To make water for on that is  
heavy and pensive to be gladd

Take harts tounge betweene the saint mary dayes  
and the 3<sup>d</sup> parte of the Rootes of selendon the flowers  
of burryage and longe deibiefe a quantity and  
put these into a stillitory and draw water and  
vse therewith aquanitie and it shall light your  
harte./

Restoratiue water for  
a weake body

beate the yolkes of 24 new layed egges with 3  
pintes of new milke and a pinte of goode Red wyne  
put then therto so much fine manchet as will  
sucke vp the milke and wyne then still it with  
a sweete soakeinge fire and on spoonefull  
thereof taken alwayes in pottage or drinke  
in on month will recouer/

A bath for a weake body

Take mallowes violet leaues vine leaues

Cammomill willow leaues 3 heades of poppy without seede and  
make a bath of all these hearbes and therewith wash from the  
knees downe and from th elboes all alonge your hands/

To coole a greate heate./

Take a handfull of huld barley or french barly and wash it very  
cleane then set it on the fire in a good quantitie of faire water  
and so let it seeth till the barly be very tender take a handfull  
of blanched almonds and grinde them very fine in a stone  
morter now bind them puttinge in of the barely water a little  
to keepe them from oyleage and when the almonds be very fine  
ground then take the barely being tenderly sodden and put  
it into the mortar with the almonds and bynd them  
both togeather and then draw them through a ster  
strainer with the same liquor that the barely is  
sodden in and then put a little Rose water and  
suger to it and a little powder of mace or nut=  
megs or sinamon which you like best and then  
eate it luke warme in the morninge and sleepe  
out it if you list./

An exelent barly Cream for on  
being in an extreame weakenesse to Coole

and restore /

Take barely a pottle and beate is as wheate is beaten  
for formity so as the huskes goe of then wynd it  
then wash it Cleanely then boyle it and if the water  
looke red cast away the first then take a second  
water and boile the sayd barely with much  
Raisons of the sonne and parcly Roots the pith  
taken out vntill it be thicke like wort take  
small almonds and blanch them and

**page 6 (folio 5 verso) || page 7 (folio 6 recto)**

stampe them with ginger putting som of the  
former liquor therto and straine it through  
a Cloth with your hands making it as  
sweete as you like and eate a quantity  
thereof morning and euenning./

An exelent drinke for any Disease./

Take three quarts of small beare and as much faire  
Cunduit water and put into it vizt scine Alexandria  
i oze d anniseeds oze 2 god sticks of lichoras scraped and  
sliced Raisons of the sonne the stones taken out d<sup>li</sup> of  
Ruberbe the weight of twelve pence Epithonon a quarter  
of an ounce zarzaperella 3 ozes sticadoes d oze  
agaricke d oz lay them altogeather in stipp all a night  
and set it vpon the inbers in the morninge and seeth  
it vnto a quarte with a soft fire so streine it and  
drinke thereof and the oftener the sooner helped

a souerainge good drinke /

Sarzapill iijj oze  
Harmodactile iij oze  
Polipoth iij oze  
scin alexander iii oze  
madder Rootes iiii oze  
ffenell Rootes ij oze  
Lichoras iii oze  
docke Rootes ii oze  
Ruberbe  
Agaricke} of each or or  
nutmeggs  
Egremony

Scurtigrasse} each on handfull

ffennell water good for many things  
To Confort the brayne

Take and beate in a cleane ston mortar i<sup>li</sup> of Rosemary mixt  
therewith 2<sup>li</sup> of suger put it vp in a thicke glasse  
set it vp without standinge fill not the glasse so  
full but it may haue scope to worke./

A bagge to smell to for melancholy  
and to Cause sleepe./

Take dry Rose leaues keepe them Close in a glasse which will keepe  
them sweete then take powder of mynts of Cloues in grose  
powder and put to the sayd Rose leaues and puttinge them  
so togeather into a bagge take it to be with you it will Cause  
sleepe and good for melancholy./

ffor Litargie of forgetfullnesse./

Take of Tutson and sage in salt water and  
wash the hinder parte of the head Agrms Castus is  
hot and drie and groweth in moist places./

ffor lightnesse of the head

Take a handfull of spare mints and seeth them in halfe a  
pint of malmesit till it be sod away then take the Rosted  
aple and anutmegs graued and lay them togeather to your  
nappe of your necke and to your temples/

ffor the headach

Take flowers or leaues of Rosemary and Chaffe them  
betwixt your hands and lay them betwixt the nappe  
of the necke and the powle of the head and it will helpe

ffor the miggryne./

Take Camomill Comyne and sowre lauened bread and  
vineger mixt togeather to a sicknes and lay it to your  
forehead from eare to eare in a Linnen Cloth warme

ffor the same or headach./

Take a slice of fresh beife three fingers broade so that  
it may Reach from on eare to an other ouer the

forehead Cast powder of *Commyn* vpon it and so lay it  
vpon the brow and bynd it fast to your forehead and  
in on night you shalbe whole.

ffor the same./

Take Carvell a handfull and beate it in a mortar  
and put to it Croomes of browne bread and bay  
salt at your discession beate all in a mortar  
together then put in a little viniger and make  
a Rownd ball thereof like a tennis ball and lay  
in the pit of your necke to bedward bynd it  
with your kercher and you shalbe hole./

for on that cannot sleepe ffor paine  
in the head or other like greife./

Take oyle of violets with the yolke of an egge and womans  
milke as much of thone as thother and being mingled  
together make a plaster thereof and lay it vpon  
the forehead or vpon the eyes and the payne shall  
cease and a desire of sleepe shall com vpon the party

To cause sleepe

Shredd a hanfull of lettis very small Cast into it  
a little bay salt small beaten./

*Against* the Cold pose of the head

Seeth bay leaues in water and let the patient  
receave the smoke in his mouth and with the  
same water wash the temples and forehead

ffor the pose or could Rume in the head

Put powder of horse mintes in a bagge and lay it  
hot to the heade./

To make hayre grow./

Take mallow Roots and seeth them and wash the  
place therewith./

To keepe ons haire from beinge gray.

Mix with the ashes of grownd wormes burnt oile and therewith Rub your combe it is much vsed of most women./

ffor the miggrime

Lay the forhead temples and all housleeke and garden wormood stamped together with fine flower put in a Cloth./

ffor runninge noses that be watrie

Take the Ioice of Rue temper them together and lye vpright and put the Ioice into your nostrills often and within a few dayes after it will amend and cast out the filth of the braynes wherof it commeth

To take scurfe from the head

Take a hanfull of Rue and halfe an ownce of quicke brimstone and seeth it with good ould wyne and so wash your head therewith but you must wash your head first with lukewarme water and it helpeth./

ffor those that haue a stinkeinge breath./

Take j oze of sage in powder 3 ozes of Rosemary flowers & oze of Cloues 2 drames of fine sinamon 2 nutmeggs 2 graines of muske made all in powder then take purified hunney sufficient to kned the same together and put it in an earthen pot set it in the same fowre or fiue dayes and eate of it /d/ oze fastinge and as much at night to Confort the meate that is corrupted in the stomacke and vse it often./

To make the breath sweete the face faire./  
and good for the Collicke in the stomacke: /

Take the flowers of Rosemary and boile them in Whitewine and drinke therof and wash therewith.

To take wrinkles out of the face./

Take an ould Capon and plucke of his feathers and Cut him alonge the backe and dresse it as it were to eate then fill him full of

little yellow lemons cut very small and fennell seed put altogether  
in a Limbecke with a moderate fire and so stilled with the water  
wash your face morninge and Eveninge./

page 10 (folio 7 verso) || page 11 (folio 8 recto)

ffor scurfe in the face

Take beane flowre and Rosewater and mingle them together and Rubbe  
thy face therewith./

ffor salt fleame in the face

make an ointment of the rootes of dockes and swynes grease fryed together  
and annoint the face therewith vsinge to wash thy face with thyne  
owne vryne eueninge and morninge beinge five dayes ould./

ffor heate in the face./

Take an oyle of an egge or two and Rosewater and for a man the  
milke of a woman contrary a spoonefull of each and mixe them together  
and when you goe to bed annointe the face therewith with a feather  
and this dissolve heate you must take of euery on alike much the  
oile must be made of white of eggs./

ffor wormes in the face./

Take of Rosin 3 parts and the fowerth of vnwrought wax i spoonefull  
of honney d spoonefull of may Buttur and frye them altogether on  
on the fire then straigne it through a faire linnen cloth into a dish  
of faire Runninge water and when it is Coud stirre it with your  
hands and worke it well against the fire as you doe an electuary  
and in the workinge put in as much coperras as the quantytie of  
made in powder as you doe vse it sprede it on a cloth  
and within 3 dayes you shall know wheather they be wormes or no  
if they be wormes they will rise like wheeles vnder the plaster  
and then Cast in more Coperas./

To scoure the skinne

Take beane flower or meale and wash therewith and it will  
cleare the skinne./

ffor a scab dry or moist./

Take white horehound and stampe it and melt it with wax and  
annoint the scabs inde  
ffor a saseline face./

Take i ozes oyle debay as much quicsiluer 2 spoonfull of wild fancy water for want thereof take honney silke water and grind them vppon a stone three howres till you se nothinge of the quicsilver then keepe it in a box and the older the same is the same is the better and when you goe to bed anoint the face with a little thereof also in your diett forbear all wyne except clarret and whitwyn a then very moderately forbear all shellfish salt fish eggs the burnt of Rosted meate first worke your quicksilver with fastinge spittle till it seeme like small pearle and the longer it is wrought the better then worke it with oyle an howre./

ffor the same./

Take the rootes of Elecompane and seeth them in vineger till the vineger be well sodden away then stampe it with a mortar and put thereto quicsilver in brimstones and swynes grease and make an ointment and anointe the vsage therewith if you vse it plaster wise it is the better./

An exelent medicine for heate in the face

Take a quarte of new milke a little handfull of woodbyne flowers and soome leaues of wild tansie and Egremomy of each a little handfull halfe a dozen of lemmons Reynes all sliced the white of 6 eggs theggs first put into a close pot of white vineger till the shells fret of put altogeaether then into a still and then the water thereof is Exelent for heate in the face./

To kill worms in the face<sup>hands</sup> and make the faire

Take the Iuise of a lemmon with a little bay salt and wash your hands therewith and let them dry themselues and it helpeth alsoe the sunneburninge of your face you may wash in the morninge after the bynd of the wyne vsed to be washed withall will make on faire and cleare./

To take away warts

Take earth and kned it with dogs pisse and lay it where the wart<sup>s</sup> are they will dry and fall away./

page 12 (folio 8 verso) || page 13 (folio 9 recto)

ffor quakinge hands

Take salt and vineger together and wash they hands therewith as hot as you canne./

ffor the morphew.

Take a pennyworth of whitewine and a d half penniworth of arras Roots and halfe a spoonfull of bay salt boile all together in the wyne.

ffor the same./

Take nine spoonefulls of the Iuice of sowthistle of Redwort and drinke thereof nine dayes and after nine dayes take Chalke and black sope of diuer *porcion* and temper them with vineger and annointe the morphew and twill away./

ffor the spittinge of blood

Temper the ioice of bettony with goates milke and drinke 3 or 4 dayes therof./

ffor deafenes and stoppinge of the eares

Take Cammomill and seeth it in faire water and put it into there of thy patient and wash his eares with the water 3 or 4 dayes./

ffor the thicknesse of heareinge

Take the grease of a siluer yeele that is Rosted and put therto a little Ruberbe and mingle them together and fill the eares full thereof and stop it with blacke woole of the shippes belly and dresse it twice a day duringe the space of a moneth./

ffor deafenes approued by therle of hungtinton

ffirst bath there with womans milke very warme *with* in and without and boyle a quantity of cloues in a pint of malmesi which put into a close pot or bottle with a tunnell then let the fume enter into there after some space bath there with thoile of bitter almonds

as affore with milke then with blod: wool dropp of the oile into there and with the wooll stopp there and keepe it warme.

ffor the same./

Put into theres good and tryed siuett./

ffor on thats dumbe./

Take Ioice of sage or primrose and put it to his mouth and he shall speake./

To heale the vuiloe

Take a snaile and put him in a chafindish of coles and gape ouer it and it shall helpe

ffor watrie eies./

Take a Red wort leafe and annointt it with the white of a new layd egge and lay the same to your eies to bedward./

ffor the blood shotten eies./

Soake in a pinte of pure Red wine halfe an howre a browne launed loafe which beinge soaked and cut into 5 peeces into linen cloathes when you goe to bed bynd to each eie one./

ffor sore eies

Take Rosewater 3 spoonefull 2 of whitewyne on of fennell water halfe a sponefull of the cleere of the white of an egge well beaten mingle them together and with a feather dropp thereof into theis which donne when you goe to bed wet a faire cloth of linen therin and lay on your eies./

ffor the eies./

Take Rue and ground Ivie and bay salt small drinke beate altogeather and straine it./

A speciall water for theis./

Take white wild dasi Rootes and all let them be gathered at twelue of the clocke in the month of may let them touch no water but picke them cleane still them in a dry still and in a pint of the same water you must put of the wable of white coperas the quanty of a white pease./

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ffor the webbe in theies and for the morphew and high coloured face./

Tak pound grannats 3 and put the Ioice of them into your eye- 2 or 3 and wash the face, sawclen face or high collowred therwith and use it for the morphew./

To cleare the sight ./

Take cleane rosewater aquavita<sup>e</sup> in a saucer cleane mirre as much  
as a nutt breake it into small powder and bind it in a  
cleane linnen cloth and let it lye in the Rosewater two howres  
and the water will wax red of the mirre take of this  
water and put it into they and it will cleere the sight

ffor the same./

Take pimpe<sup>r</sup>nell and seeth it in water and wash your  
eies therewith morninge and Eveninge or take a  
dram of the powder of bettony in the morninge fastinge  
it profitteth much and restoreth the nether parts  
whereon the driues proceedeth./

To make an oyle good for the sight

Take the flowers of Rosemary and fill the glasse and  
put to it a little quantity of mirre and then put  
it into the ground or horse dunge for three moneths  
then take it out and it wilbe all oyle/ with the  
which annointe the eies often tymes./

ffor ich or heate in the eyes./

Take faire Runninge water set it in a glasse a day  
and a night then take croomes of fine white bread  
put them into a faire linnen cloth so dip the cloth  
and bread into the clearest of the water and  
lay it to yowr eies./

ffor the mother./

Take the leaues of temmerine and lay .8 or 9 of  
them at ons in stipe 2 howers in white wine

and so stiped drinke the same wine./

To make teeth white./

Take Rie flower and honny mingle them togeather and Rubb therewith  
your teeth./

To fasten teeth that be loose ./

Take barely cornes with pepper beate them and make powder thereof  
and put on the tooth and incontinent it wilbe fast./

To Confort loose teeth./

Take with corral and Red corral an ounce of each and masticke dozen and powder them and lay a little of this powder vpon the tooth or teeth that be loose, it will fasten them and make *them* white./

To make a tooth fall out *with* out drawinge or paine./

Take cleane wheate flowre and temper it *with* the milke of an hearbe called Titimall, and make therof a past and let it dry against the sonne as when it is hard enough lay it vp and keepe it till you haue occation to vse it then take a little thereof and lay on the tooth and it shall within a while fallout./

A generall medicine for all manner of dicsscences in the eyes./

Take the Ioice of verbine and Redfennell and a little quantity of honney and mingle them altogeather with the yolkes of egges Rosted in - their shells hard and somewhat hot put it to the sore or greife and vse it oftentimes and it will helpe./

ffor them that be mad

Stampe well in a mortar 6 hasell nut curnells 6 garleines clous well pilled iust in quantity with nut curnells straine these with liquor you mind to giue the patient to drink put therto the bignesse of a greate plume of treacle of Iam. let him drinke it warme and lay him in a darke place./

ffor on that vomites to much

page 16 (folio 10 verso) || page 17 (folio 11 recto)

Let him drinke mynt wormood and sinamon water and lay him to rest./

ffor the spleene./

Take the lights of a fox and dry them and make *them* in powder and let the patient drinke thereof euery morninge in white wine the space of nine dayes

ffor a consumption./

Take the hind lege of beife and seeth it in 4 gallons of water on hanfall of fennell Rootes the pith-taken out on handfall of *parcely* Rootes the pith beinge taken out of liuerwort harts tongue bettony of *the*

wood of each on handfull on quarter of a handfull  
of balme and leaues of clare io leaues of nepe  
i handfull of ground sell put all the forsayd  
herbes into the water with the beiefe the pot  
beinge scumed take i<sup>li</sup> of damaske prunes, Raisons  
of the sonne i<sup>li</sup> dates *quarter* pownd let all boyle together  
vntill it com to a quarte then stampe it in a stone mortar  
and straine it with a quart of sacke and then let that  
seeth againe with 2 pennyworth of large mace 2  
and so drinke it Eveninge and Morninge first haste/

For the crampe./

Take Rames grease and anoint the members greved./

ffor the shingles a principall meadicine./

This malady in manner is like the wild fier for it wilbe  
turninge and Runnyng about a man and if it so doe  
it is right perrillous take doues dunge that is moist  
and barely meale v<sup>li</sup> of each stampe them well together  
and lay it could to the sore and lay wort leaues about

To hould in the liquor and bynd a cloth about him and let it lye still 3  
dayes the 3<sup>d</sup> day if neede be refresh that with new and this will surly heale./

ffor a corne/

Take greate snayles; shells and all; with a little sotte of a Chimney a litle  
hony a little flower stampe all theese together well; make a plaster  
therof and within fowre or five layeinges the corne wilbe ground./

ffor a ffistilowe./

The ashes of a dogs head sprinckeled thereon will helpe the fistilow./

To breake a boile./

Take Louage *march* Rosemarye otemeale milke stired all theese together  
then boyle them into a poultis and lay it to a boyle./

To destroy red Coullor./

Drinke violets with fresh water./ ffennell./

ffor a pricke with a nayle or thorne./

Take 3 handfull of Salendine as much Orpin cut small & boyled with oyle./  
& vnwrought wax then straine it and vse it./

ffor the byteinge of a mad doge./

Take 9 cropps of woodrufe 9 cropps of nettles and the scrapeinge of  
the outside of a Crafish claw a litle of that powdred then stampe them  
altogether and giue to drinke./

ffor the same./

Take longe plaintine and stampe it and lay the same to the bitten./

ffor the byteinge of an adder./

Take garelicke and beate it and make a plaister therwith red onions  
that be most eager and treacle all beaten together and lay it  
to the wound and it will draw out the venome doe not vse any healing  
plaster of a longe tyme after the biteinge./

ffor the same a drinke./

Take the waith of 3 raisons of good treacle dissolued in a  
draught of stronge wine the stronger the better this beinge  
drunke kills the venome./

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18

A diett for the same/

Make bread mixt with garlicke your drinke stronge wyne  
garlicke in your meate till the venome be slacked the  
venome gon keepe open the sore a good space and after heale  
it as other sores bee.

*Against the palsie/*

Let him drinke euery day his owne water that feareth the palsy or falling  
evell./

ffor the Palsie./

Take an onion and take out the core and put therein oyle  
and lauender small mised set the onnyon in the inbers till  
it be eould soft then lay it as hot as you canne suffer  
it to the mould of the heade./

Against the fallinge evill./

Take and kned meale flowre, *with* the dew that is gathered on  
Couseellopps one midsummer day in the morning, and giue yt the patient to ~~drinke~~  
eate beeing baked and yt will helpe him.//.

ffor the fallinge Evill

Take pione and bind it to the necke of the patient and as longe as  
it lyeth there he shall not haue it./

ffor the same and to know  
wheather it be curable or noe./

When he is in his disceace take greene tyme and put in his  
nostrills and if he rise shortly he is curable then take mirre./  
and incense and bray them with seede of Rue or berryes and giue  
it to the sicke to drinke in the wanne of the moone./

ffor the wenne./

Take an ould ladle that hath often bynne vsed in the beife pott./  
hould it to the fier till the grease fry out and then lay it  
to the toppe of the wenne as hot as you canne suffer it  
theoftner the better as the ladle dryeth dippe it in the  
beife pot./

19

ffor the dropsie./

Take the Ioiuce of walworth and temper it with wyne and drinke thereof 4 daies  
fastinge and it shall passe out of the fundament./

ffor the swellinge in the throate/

Take new milke white bread and oyle of Roses boyled together and spread vppon  
a cloth./

ffor on that hath drunke poison./

Take dragons, Gladine; of each a little, stampe them and temper them *with* wine and

strayne it through a cloth and drinke it the poison will avoid./

ffor the plurisie./

Take a pottle of *white* wine and 3 grete handfull of *Commyn* seed and as much oaten brann newly boulded and bruse the *Commyn* on a mortar and put it into the wyme and seeth it till it be thicke then put in an other handfull of the oaten branne and let it boyle till it be very thicke then put it to the patients side very hott/

ffor the same./

Take the flowers of Red poppye growinge in the wheate and dry them in the sonne./ and make powder therof and giue it to the sicke in his meates and drinks & *annoint* the place griued with the oyle of Lisards and it helpeth./

ffor the Canker in the mouth./

Take a pinte of good stale ale a good hanfull of Sage a good stonne of Alem as big as an egge as an egge boyle them well togeather and with a cloth wash they mouth well and if it be in thy throate grangle it./

ffor a Canker./

Take goats dunge and temper with wine and bind it to the sore./

ffor a Canker in the throte./

Take a cloth on a sticke and dipp it in hony of Roses and cast vpon it a little Red prosipitat finely powdred and doe it vpon the cloth dip in hony of Roses but let as little on it goe downe as you may./

A soueraigne medicine to destroy  
all maner of Cankers./

[page 19a] (folio 12 verso) || page 20 (folio 13 recto)

Take a quantity of *whit* vineger and put it into a faire vessell and put therto a good quantity of honny sucke water with a quantity of fine honny and a good peece of Roch allum, and daysie Rootes succory violet leaues burrage./ Endiffe and put therin & a handfull of bay salt set all these foresayd things togeather on the fire and let it boyle stirr it as it boyleth then let it runne through a faire linnen cloth that donne put it in a cleane glasse and so keepe it and when you will vse therof -

warme a little in a sawcer and with a fine peece of linnen cloth dipped therein wash the Canker Eveninge and morninge an within 4 or 3dayes it will kill all kind of kankers or other kind of heate in the mouth./

ffor the Canker in trees

Take sallet oyle and the Ioice of Salinder and tar mix them well together and annoint them sores of the tree and it will Cure them

ffor a teater or ringworme./

Take woodbynd leaues stampe them and strayne them Roch allum beaten to powder as fine as you canne then put that powder into the Ioiuce of the woodbynd vntill it be somewhat thicke and then take a feather and anoint the place therewith morninge and Eveninge and at other times the space of 3 or 6 dayes wash not nor wipe not the sayd salue or bit still renew it more,

A perfect Remedy ffor a stich

Take a quarter of ale or beare a spoonfull of sanders 2 Races of ginger sliced very thinne & a spoonefull of mace a handfull of dandelion seeth all these together from a quarte to a pint and drinke thereof at three sundry tymes Eveninge and Morninge and fast an hower after./

ffor the same./

Take red sage tyme and hearts tongue by Even *porcion*

seeth them in malmsie to the halfe then presse out the Ioince betweene 2 trenchers and drinke it as hot as you may./

ffor the same ./

Take sage wormwood and Rue of each an handfull seeth them in dregs of good ale and make a plaster therof and spread it vpon a linnen cloth and play it where you feele greife./

ffor a perillous coughte

Take sage Rue and Comyne with powder of pepper and seeth them together in hony and make an Ellectuary and and take therof on spoonfull at Eveninge and another

in morninge./

ffor a Could Cough

Take horse mynts and seeth them in water and  
drinke therof./

ffor a drye Cough

Take halfe a pound of Liquoras the barque scraped of and  
well bruised in a mortar and put it in an earthen pottle  
put therto 3 quartes of fine woorte on oze of Suger on  
oze of ginger powder a spoonfull of hony Clarified seeth  
all these together to the halfe strayne it through a  
Cloth into a cleane vessell and drinke it thereof firste and  
at Eveninge hott att morninge Could./

ffor the Coughes./

Take Isopp that groweth of the seede 2 handfulls 20 greate  
Raisons the stons taken out and washed in viniger 2 ffennell  
Rootes 20 Cloues grocely brused a liquoras sticke brused and  
Cleane scraped seeth all these together in a pottle  
of worte to a quarte and then put to it a peece of  
ffresh butter and 6 good spoonefull of English hony and drinke  
it firste and laste warme./

page 20 [i.e. page 20a] (folio 13 verso) || page 21 (folio 14 recto)

Approved medicine for the cough of the longs

Take a fox longe aniseed ffennell seed Corryander seed i oze of  
Licoras ii oze make them in a powder and put it in your drinke or  
pottage if you can take it dry it is better and put suger candy to  
it the oftner you take therof the better but Eveninge and  
morninge fayle not you shall buy the fox longs Ready  
dryed att the Appoticaryes./

ffor the blacke Iaundis

Take and still the whites of 6 eggs layed in vineger till the  
shells be consumed with a quarte of new milke wild tansy  
woodbyne leaues or flowres of Each a handfull and lemons cut  
in peeces, with the water thereof wash the places that breake

ffor the Iaundice./

Take a quantity of white wyne & a greate handfull of Cellindin  
leaues boyle them to a pinte and in winter take the Rootes

therof warme morninge and Eveninge./

ffor the same./

Take the Iouice of water Cresss and drinke it and it  
helpeth the powder of Turmeine drinke helpeth the same or  
the shauinge of Ivory with the vrine of the sicke healeth

ffor the same

Take a quantity of sage and as much Cellindon and I somuch rud  
worte and bray them in a mortar and temper them with wyne or  
stale ale and stope it well in a vessell and take a spoonfull  
firste and laste

To kill wormes

drinke the Ioiuce of Isop fastinge also the powder of bettony with  
milke or warme water for stronge men or women not with Child

ffor burlsenes of ould or younge

Take the Roote of valerriars and drinke it with wine it helpeth

ffor on that is bursten

Take the head of a hare with all his haire and put it in a pott without water  
and set it in a hot oven let it bee there so longe that it be so dry that you  
may make powder therof and take so much of that powder as you can  
take vp with your three fingers and put it in a Cup and drinke it  
with white wine Every morninge fastinge thirty dayes And see you  
bee well trussed/

ffor Children that be bursten

Take white paper and claw it and make a plaster therof so bigge as will  
Couer the place bynd it to with a swadle in a linen cloth &  
lay it to his cods and Renue it Euerye daye/

ffor a Child that hath a sore  
mouth and Cannot speake ./

Seeth Collumbyne leaues and 5 leaue grase with milke togeather  
giue the Child therof to drinke with a spoone./

A powder ffor the wormes for Children

Make powder of harts horne & Aloes Cicatrina and setwall seed of all alike and let them drinke therof 2 or 3 morninges fastinge and if they cannot drinke it giue them with milke in the morninge fastinge and in the Eveninge if need bee 2 or three tymes/

ffor a Childs nauell Cominge out with much Cryinge /

Take and milke new wax as it cometh from the hiue and dip therein blacke wooll and lay it to the Childes navell./

ffor a Child haueinge plucked the skin on the yard

Take and seeth a quarte of white wyne and a quarte of Runing water together Dayseis and woodbine of Each 2 or 3 handfull in the seethinge put in a peece of burnte alum beinge well soden wash the Childs yeard therewith and lay a Cloth Reasonable hot dipped in the same to his yearde./

To procure a younge Childe to make water

boyle organum in fayre water and lay warme to his navell

To make Children haue their teeth *with* out payne

Take the braynes of hens dry it and make a powder ~~therewith~~ thereof and giue it the Child to drinke with wyne/

When ons water is like bloode./

page 22 (folio 14 verso) || page 23 (folio 15 recto)

22

Take the Ioice of fetherfew and put it into ale and drinke it it Changeth the Cullor presently./

ffor on that Cannot hould his water/

Take the Claw of an hogge burnt to small powder vse it in your drink and you shale be hole/

ffor on that Cannot make water

Take a lilly Roote wash it Cleane and seeth it in white wine or ale from a quart to a pinte then strayne it and drinke it./

ffor the same and to breake the stonne./

Take the Cloues of young garlicke still them and drinke  
2 or 3 of the water and this will breake the stonne

ffor the Collick and stone

Take the braynes of a pye dried and beaten to powder  
and so drinke it with wine or ale./

A powder for the Collicke and to  
breake winde marvelowselye

Take ginger sinamond licaras nutmegs suger alike  
of Each take also ffennell seed Comyne seed *parcely* seede  
Colliander seed Grummell seed of Each alike drye them all by  
the fyre and beate them in mortar the spices by themselues  
and the seeds by themselues to fine powder and Eat  
therofe firste and laste./

ffor the Collicke./

Take 3 Crops of Red nettles 3 Crops of Rosemarye & 6 handfull  
of tyme boyle them all well together with a quarte of good  
stale ale vnto 6 pinte and then drinke it as hot as you  
may & you shall soone find Remedy or take mustard thats  
made with Red vineger and figs and stamp them and  
then temper them together with the mustard and  
make a plaister of it and lay it where you are  
greived./

A Speciall medicine for the stonne./

Take small Lemons that be Ripe and Cut them small Rine and  
all then still them in a Limbecke glasse and let the patiente  
drinke of the water fastinge three or fowre spoonfull it will  
breake the stonne and he shall voyd the grauel at his yearde/

To breake the stonne./

Take a Cocke of a yeare ould and open him and you shall find in  
his maw small stones take and breake them in a brasen  
morter and the powder therof temper with wine and drinke it

ffor the stonne

Take the blood of a fox dried and powdred and so drinke it  
for the stonne in the Raynes or blader./

ffor the same./

Take Red nettles and daisies stampe and strayne them and with wyne of ale drinke therof./

ffor the same

Take the liuer of an ould male fox and dry it and hauing need to vse it breake it into powder and put it into possett Ale and giue it to him that hath the stonne and it will breake it foorthwith./

To purge the Reines of the backe  
and open the Conduits of the vrin/

Take 6 pinte of *whit* wyne boyle it softly with a spoonful of percley seed and drinke it firste and laste./

ffor payne in the backe./

Take sage and put it vppon a litle stone by the fire and let it sweete and when it is moiste take it and put it in a cloth and lay it to your payne in your backe/

To restore and helpe nature./

Take a pinte of milke and set it ouer the fier and when it boyleth to the tope of the panne then put in halfe a pinte of muscadine well beaten with 2 new layed Eggs shells and all, and then let it boyle againe and Cleare the liquor from the Curd then take i<sup>d</sup> weighte of good *parmasty* and put to it a good draughte of the liquor and drinke it this will restore nature and Conforte it./

ffor the Consumption of the liuer or nature

**page 24 (folio 15 verso) || page 25 (folio 16 recto)**

Take and boyle a potle of worte not stronge to d or 3 *parte* a handfull of mayden heyre 9 leaues of Liuerworte harts toung 9 leaues fennell Roots and percely rootes of Each d handfull the pithes first taken out and all well brused and put in the worte and after the firste playneinge put in an oze of saunders and beinge almoste soden put in a quanty of brused Camomile and then strayne it and vse to drinke thereof firste and laste 3 or 6 spoonefulls/

ffor heate of the liuer./

Take housleeke and stampe it put to it womans milke  
and make a plaster therof and straw a few saunders  
thereon and then lay it ouer the paper all the night and  
it will helpe./

ffor the same.//

Take aqua prasi aqua ffenecoly aqua Cusuty of euery on  
halfe a spoonefull and vse it without other liquor./

To vnstope the pipes of the liuer and milke/

Seeth Smallage and elder together and drinke the broath

A singular medicine for shortnes of  
breath and stopinge of the longs /

Take Centory a handfull and put to it a pottle of stale ale  
and so let it stand by the space of a day then still it and into  
the water put fennell seed, Carryeway seed of Each then drinke  
let it stand for a day and still it againe and then drinke  
of the water morninge and Eveninge and you shall find it good

To avoyd fleames and purge the longs

Take isop 2 handfull penyroyall a handfull wash these hearbs cleane  
assunder licoras the Russet barke taken of bruse it with i oze of  
annyseed put therto greate Raisons the stons taken out i<sup>d</sup> of  
dates Choped i<sup>d</sup> barly 4 handulls boyle al together in a galon  
of new stronge worte to a pottle and after strayne it harde  
then put into the liquor 2<sup>d</sup> suger candy vse this drinke  
warne 2 or 3 tymes in the daye/

To restore and scoure the longs

Take on *parte* of methredates and 3 *parts* of Conserue of  
Roses mingled together i howre before your go to bed wake  
gently after the same and drinke not that nighte./

To Cleane the brayne breste and  
stomacke and to procure appetite./

Take 3 handfull of Centuary seeth it in a gallon of water vnto a pottle then cleanse

it and put therto a pinte of Clarified hony then seeth it safely to a quarte a  
drinke thereof 2 spoonefulls at once Early and late./

ffor a watry and flematicke stomacke./

Take 2 ozes of woormewood a handfull of Skabias and a fennell Roote seeth  
them in a potle of water and put anniseed therto and let it seeth to the  
halfe then straine it and put to it Eight ozes of Suger Candy and let  
it take on walme and so vse it 4 or 5 tymes in the morninge./

To purge the stomacke vpwards./

Take daffadownedly roots peepe and stompe them and strayne out the Ioice  
and drinke it take warme./

ffor winde in the stomacke./

Take a pinte of woormewood wine and a handfull of wild mynts a hand  
full of Calliander Comfats and lay them in soake all night and drinke  
it in the morneinge./

A powder to Conforte the  
stomacke and to breake winde

Take ginger Sinamon galingale of each d oze aniseed ffennell seed Cariway  
seed of Each a quarter of an oz longe pepper maces and nutmegs of each  
2 drams beate all theese in smal powder & course them and put therto i<sup>li</sup> suger

ffor winde

Take i<sup>li</sup> of fennell seed d<sup>li</sup> aniseed 4 handfull longe deibeife & Endiffe harts  
tounge of Each 2 handfulls

A singular diet for winde in any place of ons body/

Take Comin infused d oz Carriway seed ffennell sed anised of Each i oze  
sinamond ginger gallingale longe peper graines of each d oze mace  
nutmegs Cloues black peper of each 2 drams 4 oze of good licoras  
shred and not pownded vse this at all tymes necessary./

ffor on that lacketh  
breath or winde /

page 26 (folio 16 verso) || page 27 (folio 17 recto)

Take good treacle the quantity of a filbeard and of diamgarariton Callid<sup>um</sup> &  
temper it with beare or with wine and drinke it hot./

ffor the brease and pipes and to purge the head

Take Centuarye and seeth it in water and drinke therof 3 dayes fastinge

A medicen good for the brest and pipes

Take a gallon of stale ale and i<sup>d</sup> of licoras scraped and bruised well & a handfull of Isop and bruse it ad put them in the ale and put them altogether in a new Earthen pot and let it boyle till the halfe be Consumed & scume it well in the boyleing and stop the same pot faste & when it is Could drinke therof Eveninge and morninge./

Atison

Take burige water lillies the *whit* flowres lettis harts tonge Endiffe Maridolds sinkfields & southistles of each a handfull and boyle them in a gallon of straineing water and put in d<sup>li</sup> of figs a handfull of barly and ij<sup>d</sup> of suger candy and a sticke of licoras pared and bruised & let them boyle together to a quarte then strayne it and drinke therof firste and last 2 draughtes./

Attison very good for a Tissicke./

Take barly and boyle in water and when it is well boyled straine it & set the liquor ouer the fire and put therein figs Raisons of the sunne the stones taken out strawbery leaues sinkfield burrige buglas *parceli* rootes & fenel roots with the pithes taken out licoras & aniseed and suger candie and boyle all theese together til it be of the collor of malmesi you must vse to boyle it often because it wil not keepe.

17

To make gelly of Harts horne

Take a quart of water, 4 ounces of harts horne shau'd, put itt into an earthen pott and couer it close, then put *your* earthen <sup>^</sup>pott into a vessell of water ouer the fire & let it boyle vntill it will gelly, then straine the gelly from the horne, and when it is quite cold put it into a skillet and aboute twelue spoonefulls of white wine, a little ioyce of lemons and some of the pill or rinde, a few colliander seed bruised, a little ginger sliced, and 2 or three graines of Amber-grise. then let it boyle vntill it will gelly againe. straine it into a gally pott, and keepe it for vse.

Aqua mirabilis.

Take gallingall, cloues, rubils, mace, nutmegs, ginger, melitoe

flowes, cardimonia two dramms of each, and all these make into powder put into a pinte of the iuice of Saladine mingle these all together and with a pinte of aqua composita and 3 pintes of good white wine, put them all into a stillitory of glasse, and <sup>let</sup> them stand all night, and on the morrow still them with a soft fire as may be. This water is of a secreete vertue.

To make white Metheglin or Meth.

Take 12 gallons of pure spring water. then take Parsley Rosemary, Strawberry leaues, Scabius, Betony, Wilde Time, Eglantine, Liuerwort Balme, of each a good handfull. when the water brings to boyle put in those hearbes, let them boyle halfe an houre, then straine the water from the hearbes, and let it stand vntill it be luke-warme. Then put in as much of the best honey till it be soe strong as to beare an egge, and <sup>that</sup> some part of it appeare aboue water. Then boyle it againe, them clarify it with the whites of egges, as they vse to clarify sugar. Then scumme it well, and let it coole as you doe ale. Then put good ale barme into it, and let it worke vuntll it begins to sharpen. Then tun it in a well seasoned vesell, and put into it a bag a conuenient quantity of Nutmeg Cinamon, Mace, and some ginger.

The hearbes are to be gathered in May, vnles, Rosemary, Parsley, and Strawberry leaues. Look page 3.

Hearbs

Sax<sup>a</sup> phras

Scabius

Eglinlinton

Buglas

vnset Isop

mether time

Betony

Egremony

Rosemary

Bayes

Berage

Strawbery leaues

violet leaues

orgamy

camomile

Harts tongne

Sweet Margerum

Persley roots

fenell roots

century

cardus

Spiecs

Ienger  
cloues  
Aniseeds  
Licorise

Take thes of each a  
proportionable quantiti  
therewith all make metheglin  
Sidney Kettel bis

folio 17 verso || folio 18 recto

An infalable cure for the Tissick

Take some Beres greese and honny melted together and  
drink it this is good for man or beast

for a strong set cold in a horse

Take a halpeny worth of whit wine veniger & a penyworth  
of oyle of bayes mix these well together vpon embers to  
blo<sup>u</sup>d warm not to hot soe put it into each nostrill with  
a horn soe rid him gently let him eate ~~not~~ his meat  
on the ground not to hold vp his head at the rack

for the Dropsy

Take a good quantity of sage & put in a pasty of  
barly meal soe bake it in an oven with great bread when  
its cold break it all to peeces & put it in a bag of lininy  
& soe into a barrell of Ale & drink it at all times after  
one fortnight old make that *your* only drink

Mr Cha<sup>r</sup>ltons receipt for any manner of sore or swelling on

a horse back or leggs if the skin be broaken or any other place

Take Tabacoe in leaues or cut & put it on any plaiste  
and soe apply it you may wash any sore in horse or sheep  
with the scab in water with Tabacoe either stalks or leaues  
were boyled in & it cures with Gods blessing

For any ~~boeth~~ swelling hott or

Take spring water cold and thicken it with Oatmeale like  
a poultese and soe apply it

For the whore scab in the head

Take a Marybone of fresh beaf & take out all the Marrow out of the raw bone and take white pepper puned and mixe it in *your* hands till it becomes a saulf *which* will be in one hower then rub the head *with* it and pull out the loose heares dressing it tell its well *which* will not be long

Aqua Nephritica.

R:

Succorum. Raphani lb iii; Limon: lb ii

Aceti albi: lb ss

Herbarum. Pimpinellae. Betomiae

Saxifragie. Parietariae.

Fructuum. Alkekengi.

Foliorum. Althaeae arborescentis. A: vj.

Radicum. Petroselini. Faeniculi. Acori.

Enulae. Betoniae. Agrimonij.

Gentianae. Ireos Florent. ana ss.

Seminum. Cucuineres. Petroselini Macedonici.

Portulacae. Ocyinii. Caryophyllatae. a j.

Foliorum et Florum. Violarum. Tapsi barbati Scolopendriae.

Buglussi a M. j:

Infudantur infundenda in liquoribus secundum Artem

in quibus dissolue mellis despumati lb ij

fiat: SecumdumArtem Aqua Nephritica.

Videtur potius ex superiori Acetum esse omittendum ratione

Acredinis. quia saepa a bile shimulata exasperantur Ne=

phritici.

Addendo quantitatem succi Raphanorum pro substituto Aceti melius et tutius praeparabitur acuera cum volueris potueris vna cum succis et ijs infusis melius cum istius dupla quantitate Lactis vaccini recentis simul distillentur.

In accessione paroxysmatis *Recipe* aque probe stillatae per Alembicum. communem sine empyreumate. capiat ager *quod* alteram donec se liberandum sentiat.

Extra accessiones in vacatione doloris sumatur per totidem dies et in Noui lunio et pleni lunio, eodem modo.

verte folio

folio 18 verso || folio 19 recto

Si dulcoranda ad gustum visum fuerit adde vel sacchari communis culinaris quantum sufficit vel syrup: de Althaea

Cauendo interim vt in interstitia paroxysmatum non sine Leuitiuo cathartico praetertant, quod fieri potest ~~vel~~

Vel per Elect: Leuiuiti ss.

Vel per diaprunum. vel Cassiam.

vel lacte leuiti Ceruisiato cum syrup Rosa Solis et

Syrup: Althaea ana j.

Doctor Richard Knight .

In scorbuto.

*Recipe*

*Herbarum.*

*Absinthij nostratis comarum*

*Nastutis aquatici.* i.e. Water Cresses

*Cochleariae hortensis* i.e. Garden scuruy grasse.

*Becca bungaei.*e. Brook lime a M: ij.

*saluia Hederae terrestris* i.e: Ground luy or Ale hoofe a M: i

*Dictaini Cretentis*

*Epithyion. Pulegij.* i.e. Penny royall. a M: Ss,

*Imperatoriae, Angelicae, Imperatoriae* i.e. Masterwort very like

*Angelica* but sharper & stronger

*Melissae, Menthae,*

*Roris marini.* a M: j.

*folia lauri* numero 6 vel 8

*Baccarum lauri. Iuniperi* a ss:

*Radium. Glycyrrhizae.* ij.

*Sarsepillae.* vj.

*Raphani siluestris* i.e. horse radish

*Lapathi acuti (siue aquatici)* i.e. water docks} a ij

*Tormentillae*

*Petasitidis .* ie. the great water butter burre} a: ounce symbol j.

*Sassafra*

*Florum. Roris Marini. Calendularum* i.e. Marigolds.}

*Boraginis. Buglessi.* amountM: Ss:

*Liquorum. Iunerini. Cedrini.*} a: M: Ss:

*Seminum. Carui. Coriandri*

*Fructuum. Hermodactylorum.* ss.

*Limonia duo cum Caryophyttis instructa*

*vti fieri solorent pro adoramētis, sed*

*melius erit si exenterentur. Limonia*

*et cortices tantum cum Aromatibus refaruuntur.*

*verte folio*

**folio 19 verso || folio 20 recto**

*Incidantur omnia simul praeter limonia, et vna cum byne .i.e*

*Malt, eon̄o concoquantur in ceruisiam. aut potius (si libuer it)*

*inijciantur in ceruisia inustam fermentans, vt vna facilius possint*

*fermentare, et fortiores remaneant vires. sede^atus demum liquor*

*decantetur. i.e effundatur sint vel cum colatura. ita vt clarus*

*sit sine faecibus. adde in fine pro quauis ceruisiae libra vim*

*albi quartam partem i.e. pro tota quantitate quartam totique partem*

*Erunt autem ingredientia circa ʒ XL in pondere, quae*

*circa 4 gallones liquoris occupabunt. Quam reposueris*

*inijce limonia, post septimanam bibe ad libitum.*

*Si vetis vt aliquando purgans fiat ceruisia adde foliorum*

*Senne ʒ ij*

*In aestate si foliorum rosarum damascenarum manipulos tres aut*

quatuor inijceris fiet.  
*Doctor Richard Knight .*

For those that cannot retaine their vrine.

Take the shauings of firre wood or of old oake wood & let them steepe all night in ale or beere, and drinke this in the mornings, and it will strengthen the retentiue faculty.

For the tooth ach.

Take the greatest and fowlest toad that can be found drye it in an ouen vntill all moisture is totally exhausted and the carcasse perfectly dry. then take the thigh & shanke bines and clensing them from the dried flesh and skin, and with the thigh bones touch but the tooth affected, and it is a present & instantaneous medicine.

A most speedy & sertain remeady for the griping of the gutts

Take a good quantity of malloues <sup>Mallowes</sup> & boyle in  
Take a good quantity of Mallowes and boyle in Milke drinke it something warme & often

To make Meath or white Metheglin.

Take twelue gallons of faire water.

Wilde Time.

Scabious.

Bettony.

Liuerwort.

Rosemary.

Strawbery leaues.

Balme.

Parsley.

Sweetbryar.

}of each two handfulls.

When the water begins to boyle, put in the hearbes, & boyle them vntill they be very strong, then straine out the water from the hearbes & let it stand vntill it be almost cold, then put in as much of the best honey till it will beare an egge floating, that the breadth of three pence of the egge may appeare aboute the water, Then boyle it, and to clarify it put in the whites of thirteene or forteene egges. then scumme it cleane, and cleanse it through a haire siue. And when it <sup>is</sup> almost cold put good ale barme in to it & let it worke to be ready to tunne, and when it hath wrought sufficiently put into the vessell in a fine linnen cloth some sinamon, ginger, & nutmegges.  
oyle of Iuniper berry to prick into suger is good

to put a Drops or tow or 3 on a knap of suger this is good for the wind  
in the stommack the weaknes in the kidnes & palses & many other things as  
helping digestion take it in a morning & fast a little after it  
the steade of a samon

The hard row of a Sammon dried into powder leasurely not to be  
burned & taken a thimnell full & put in a draugh of white wine & drink  
in a morning fast one houer.

To Stope Any Inward Bleedinge

Take the powder of Corrall Mixed with gume Arrabace And put  
it into planten Water, and drinke it could, & this will Stope the  
bleedinge in any place./

folio 20 verso || folio 21 recto

ffor the Scurvy

Take the roots of Dockes the inner woody part taken out a quartter of a  
pecke Succory 2 handfulls: Liuerwort, Sorrell, of each one handfull & halfe  
Scurvey grass one handfull put them all into A Cabbage net & hang them in a  
vessle in 3 gallons of good beare after it hath done working, & when it is 5 or  
6 dayes, drinke halfe a pint first in the mourning. and if that giue not 3  
or 4 Stooles, take as much againe in *the* after noone

Sir R. Saltins. for *the* stone

Take *your* red nettles that grow on dry soyle beat the stalks &  
leaues together, hauing streyned it put 10. spoonfulls into  
a draught of clear white wyne, poset drink, sweeten it  
sugar & drink it in a morning fasting probat.*um* est

for spitting bloud

drinke 3 mornings Iuce of bettony & goats milke mingled together

ffor the bloody fflux

Take yarrow shred it & fry it with an egg till it be hard & eate it ffasting

ffor the dead Palsey that Doctr Power recouer his wite <sup>with</sup>

Take a good handfull of Dwarfe elder bruise it very well then put it  
in a frying pan & let it be made very hott soe apply it to all parts that  
are griued griued

ffor the Collick

Take a slip of new yarne & boyle it in water very well, & then put  
the water & yarne into a close stowt pan & let the patient sitt over it

bare

Mis Hatson

To take out the ague or any swelling in the breast

Take hoggs Grease & fine wheate flower make a Pottis & apply it to the breast

To cause one to make water that is stoped *within*

Take as much fine powder

Take as much fine powder

This is Doctor Harvies Purge and Vomite

Take a 6 penny waite of aloes and 12 graines of Masticke and soe make it vp into 6 pills: Kimicall oyle of Fenell other wise oyle of Cloues: and a little surrup of Roses to make them vp *with*: If *you* please put some powder of Ruburbe to *that* Boyle whaye and half an ounce of Polipodia to a quart of whaye and soe drinke as much as *you* please

ff For a vomite

Take Antimony prepared at the apothecaries, and then lay a steep in half a pint of sack or white wine sixe Graines of Antimony if it be a strong body then seaven Graines, let it steep all night and then straine it and giue it the ~~pati~~ patient *with* good stare of Posset drinke

An excellent Bolsom for any sore

Take Adders tongue gathered in the beginning of May three handfulls *without* the stalk and to that a pint of the best sallet oyle: shred *your* hearbs and put it in the oyle: and boyle them till the hearb be green and dry then straine it out, and put half a spoonfull of venis Turpentine in and giue it a walme or two on the fire: then put it in an earthen thing to Coole, <sup>when it is cold</sup> then put it in a glasse Bottl and keep it close covered and Drope a drop or two in the wound

A Plaister to vse *with* it

Take sheep shuet well skined and shredded small, then take the weight of it in rosen, and put it both over a soft fier and let it simmer a little while then strain it into a pail of spring water: then worke it in the water betwixt *your* hands till it be white then rowl it vp

for *Saint* Tantanis fire at first Coming

Take the leaues of Red hollihock the green leaues and shred them then boyle or fry them in salt butter till enough then strain it & anynt the place

for the red & hott ~~the~~ eye

Take house leek & stamp if then straine it into a new layed egge shell after all the meat is out & a little roch Allom in it then put it ouer the imbers to boyl then when Cold put it into a glass bottle & soe wash *your* eye you may put in some hony while warm if you please but if in neither hony nor Alome it may doe.

or

or you may take a new layed egg put away all the yolke & at night put the whit between a Cloath & soe bind it to *the* eyes

For the after paines of a woman

Take white wine & make a Cleere Posset ~~when~~ put in as much powder of Elieo Elicompaine as you think fitt with alittle powder of sinnomon soe sweeten it and drink it as hot as you Can

After the small pox is fitt to doe any thing to Cut them & when they are ded & begins to ~~itte~~ itch put some allome into milk till its Clear possitt then bath the face with it till it giues ouer itching then take backen ^Put it to the fire let it drop into water & soe anynt the face but you must beat it vp in the water,

for them that are troubled with the whites

Take tow ounce of venice turpentine and beat it very well with the half of the white of a new layed egg and some powder of sinnamon so to a pretty quantity of Loaf Suger beate it all well together & make it into pills & every night & mourning take a quantity or the stuf into a gallipot & take it with the poynt of a knife

A receite to prevent the small pox

Take *the* roots of Tormentell and of *the* best Madder of each one ounce mallegoe sack i quart, infuse them together in a warme place then poure of *the* Cleare and let him *that* is feareth or is infected with *the* small pox take a glass full and he shall never be in Danger;

For read or Cleare Eyes

Take a Docke leafe and spread <sup>anynt</sup> it with honny & soe apply to the eyes an other boyle wodbin leaves soft tender then take them & put some sarched suger or whit suger

Candy on the leaves and soe apply it to the eyes

For Fmalencholy dropse a scurvie

Take the powder of flemitary  
one spoonfull in the mouning ffasting  
in beare fast 2 hours after  
take posset drink or broat mix with  
as much powder of wild time

for the pane in the head

take crab veneger one pint an p<sup>ut</sup>  
put to it a great quantitie of wild  
let it infuse in the sunn one munth  
or more then strain in out and  
at night warme some in a saucer and  
soe rub temple

folio 22 verso || folio 23 recto

to pull out a thorn or to take the fire out of a burnt or scald

take the yolke of an egg & hony mixt together with some  
wheat flower and soe applyed probatum est

for the pain in the head and to helpe any lamness

Take alle and tun it vp after it hath donn working  
put in a bag of grown Ivie otherwise called gill grow by  
the grond & stop it Close and when ready drinke thereof  
*which* will be with in 2 or 3 dayes probatum

Ann Approued remeady for the heart

Burning and griping in the guts  
Take Acorns when they are ripe and dry them  
to powder ~~brun~~ bruse them ~~to powder~~ and take  
as much of the powder as will lie on a six pence in  
alle  
for a bruse in the eye take a slise of raw lean  
beaf & bind with a cloth to the eye without salt.

for the hart burning approued

Take Curnells out of the Apricoks stones and  
dry them not *with* to hasty heat make them into  
powder and take asmuch as will lie on a six pence  
in half a pint of

for the wind Collick

Take one handfull of Parcely roots and one hand full Fennell roots slitt them and pull out the hart throw them by then bruse the roots with a pestell and boyle them very slowly to allmost half the consumption drinke a glass of it often forbear to drinke anything after for a bone hower

for inward bleeding

Take Copperis water from the Currier and wett a Cloath in it and put it to the previe parts of a man of woman and about there necks neacks Rice Morgans receipt

**folio 23 verso || folio 24 recto**

Distill'd Milke proper for *the* Scurvey

Take of Burrage Leaues, Balme Burnett of each 4 Handfulls of *the* outward Rind of oranges 3 ounces or as much as comes from 5 or 6 Oranges, The whites of of six or seven Eggs beaten vp together Lett these be mixt together & poure to them 7 Quarts of Milke & one of Malago , Lett them be distilled, & mix *the* whole water together, & drink twice in a day about halfe a Pint

For *the* Loosenesse of *the* Teeth

Take two Dramms of Myrrh a small handfull of Scuruigrasse, Infuse these in a Bottle of Clarett wine, wash *the* Mouth with it every Morning.

**folio 24 verso || folio 25 recto**

**folio 25 verso || folio 26 recto**

**folio 26 verso || folio 27 recto**

**folio 27 verso || folio 28 recto**

**folio 28 verso || folio 29 recto**

**folio 29 verso || folio 30 recto**

**folio 30 verso || folio 31 recto**

**folio 31 verso || folio 32 recto**

**folio 32 verso || folio 33 recto**

3<sup>rd</sup> John Curson

First Sweep -  
Second Sweep -  
Third Sweep -  
4<sup>th</sup> Sweep -  
Outskirters -

No .Birds

3  
3  
2

Killed

2  
2  
2  
3

1<sup>st</sup> J. Barnfield

No. of Birds.

3  
3  
2

Killed

2  
4

2<sup>nd</sup>M Barnfield

No of Birds

3  
3  
2  
~~12~~  
4<sup>th</sup>.S.

Killed

1  
3  
3

February 7<sup>th</sup> 1843.-

Rule

- 1 To stand 21 yards from the trap -
- 2 The money to be put down before the bird is in the trap -
- 3 The gun to be kept down till the trap is pulled -
- 4 The bird to fall within the field, or not counted -
- 5 No bird to be counted that is killed by an outskirter -
- 6 a miss fire not to be count -

**folio 33 verso || folio 34 recto**

**folio 34 verso || folio 35 recto**

**folio 35 verso || folio 36 recto**

**folio 36 verso || folio 37 recto**

folio 37 verso || folio 38 recto

folio 38 verso || folio 39 recto

folio 39 verso || folio 40 recto

folio 40 verso || folio 41 recto

folio 41 verso || folio 42 recto

ffrom Mary Baker

To make Cleare Cakes of Gossberies or any other fruit

take *your* gosberiers & stew them straine out the Cleere gelly to a pint  
of gelly a pound of suger put *your* suger in a skelet with soe much water as  
will wet it boyle *your* suger to a Candy height warming the Gelly the  
meane time then put in *your* Ielly & let it stand on the fire a little  
but it must not boyle then put it out into moulds or plates & let them  
drie in the sun or stofe  
halfe a pound of  
suger to a pound of  
Plomes

To dry plomes

Take *your* Plomes & stonem them with suger let them stand  
all night then sett them on a soft fire turning them oft then take  
them out & boyle ~~them~~ *your* Sor<sup>r</sup>i<sup>r</sup>ipe to a candy heith let the plomes lie  
in it all night, then put on *your* plates & drie them then put them in a  
little bag & scald them dry them vp

To dry Aprecokes

Take a pound of Aprecokes stone them take 3 quarters of a pound  
of suger finely beaten pare the Aprecokes *then* fill there bellyss with suger set  
them one by one in an earthen dish then strew the rest of the suger on them  
let them stand all night: the next day put them alltogether in a skellet  
boyle them a pretty pace when they looke clere they are well don they  
must lie one by one in the skellet then put them into *your* dish againe let

them stand all night then the next day lay them vpon glass plates on by one *then* sett them in a stove & turne them once a day

To Make Iamballs.

Take a pound of flower & something more & a pound of lofe suger finely beaten & searst <sup>it</sup>, & mingle *your* flower & suger well together, then take a quarter of a pound of batter & breake it small in *your* in *your* fflower & suger & worke it well in them beat a whole & with rose water make it as *you* doe cakes onely worke it more & forget not Caryway & Corriander seeds

A receipt for little Cakes my *Lady* Nuports

Take a pound & quarter of fine flower dried over the fire on <sup>r</sup> in the oven halfe a pound of sweet fresh butter Rub it & sooke it all night in dam maske Rose water a pound & halfe of Corrans washed & dried before the fire halfe a pound of loafe suger finely beaten 4 eggs the whites of 2 taken away & beaten with sweet Creame mingle all these together with as much ~~€.....~~ creame as will make it into past a little muske or muskadine make them up into a 12 or 16 & let *your* oven be as hott as for Manchett half an ower will bake them

folio 42 verso || folio 43 recto

To make an orching

Blanch halfe a pound of Almondss & pound them small with rose water then set a quart of Creame on the fire & when it boyles put a 12 egges & accoune as it turnes take it of & hang it vp in a cloth that *your* drinke may run from it then when it is Cold mingle the almonds & Curd together in a mortar & sweeten it as *you* please in the mortar that *you* may mix it well then take it out of *the* mortar & put it in a dish & fassion it like an orching & sticke it over *white* cut almonds & put Currans for *your* eys & nose & may if *you* please put a good wine glass of sacke it in it

to make a Cake

Take halfe a pecke of fine wheat flower & aire it in the oven after *you* have drawen manchett then let it stand an hower & when it is Cold againe breake 2 pound of fresh butter in the flower rubbing it with *your* hands till it be soe mingled that *you* cannot perseau the butter in it then put in 6 pounds of Corrans well washed & dried in a hott cloath & well picked, then take halfe an ounce of sinomon 3 nuttmeggs 3 rases of ginger halfe a pound of lofe suger finely beaten mingle all these together in *your* flower take 8 eggs the whites of 4 beat them very well & bat them in the flower with an alle pint of ist and something more a

quart of Good Creame you must boyle *your* Creame  
Stirr it till it be soe hott you can suffer *your* finger in it in the winter  
it must be as it Comes of the fire then mingle it as you can well make  
it vp but not stife butter *your* paper with Cold butter then lay the  
paper on a peelee & fassion the Cake on the peelee be sure to make it  
but three fingers thick Let *your* oven be noe hotter then for Manchett  
to ise it over you must take rose water & suger *your* water must be very  
thike with sarched suger & soe wash it over & set it in the oven &  
set vp the side let it st stand allmost an hower

folio 43 verso || folio 44 recto

Chery Marmalat

To 4 pound of Cherys stoned half a pound of suger or 3 quarters at most  
boyl them pretty fast when its almost enough put in aquarter of a pint  
of iuce of Currans or gousberies soe boyl it till it till it Iellies  
Lady Harly

Orring Cakes the best way

Take seuerall orringes pill them soe cut them in long slices thin & boyle them  
pick out the meat clear from the seeds & skins & boyle the pulpe, when the pill is  
boyled soft mince it small, to 4 or 5 big orringes take a pound of suger and  
boyle it to a candy stir it till it be almost cold then put in the pill and  
stir them well, then put in the pulpe & warm it over the fire 2 or 3 times  
as ffor other Cakes lay it to dry in a stoue if they be thick pills pare of some of  
the white if thin you need not put all the iuce or pulp beacuse it will  
run about to fast much

To make ielly of Pipins

Take half pipins & half Iohn Apples pare & cut them in thin peices soe boyle them  
in water till the aples are soft but not to mash them run the lic<sup>k</sup>quir throw a  
straining siue & to a pint of the water a pound of refined suger boyl it to a  
Candy, soe put in the Ielly boyle it very fast till it be almost a gelly then put in  
the iuce iuce of 2 lemmons, let it haue but a walm or 2 after the leamon is  
in: you may boyle orring or lemmon tender & put slices as you like

To dry Pippins

Take your Pippins, cut them in halves, pare them & cut *the* coares of & parboyle  
them in faire water, then clarify a pound of sugar, boile it, to a full syrup  
& put as many pippins as your syrup will Cover, let them boile fast  
vncovered, till they be <sup>so</sup> with tender, that you may put a straw thro them, then  
take them forth, dust them over with searched sugar, so dry them,

To dry-cherries

Take of your fairest cherries, prick them full of holes with a small

pin: and dust them over with searched sugar, lay them on *the* bottome, of a sieve, & put them in a hot oven to dry, & dust them over with searched suger, every *quarter* of an hour, for *the* space of 3 hours. then let them stand in the oven till they be throwly dry & so keep them for your vse,

To dry all manner of Greene plums

Take your plums being grene, & scald in hot water, & pill the thin skyn of them, then put them in *the* water againe, & let them stand close covered over a soft fire, 3 or 4 hours, & they will turne

greene agen, then clarify a pound of sugar, boile it to a full syrup & put half a pound of plums in it, let them boyle Very leasurely till they are very tender, then set them to coole & boyle them every an houre <sup>7</sup> for 7 dayes together very slowly, then set them to coole, take them forth of the Liquor & dry them for your vse,

White quince Marmolat

Take your quinces, pare & cut them in pretty big slices, put it into water as you cut it to keep colour, to a pound, & *quarter* of quinces put a pound of sugar beaten, & 3 or 4 spoonfulls of water, so boyle it vp with a very quick fyre, when it is almost boyled put 2 or 3 spoonfulls of iuyce, of the water *that* the seeds are, boyled in, & boyle it *with* continuall stirring, or els it will burne in the bottome, boyle it till it be as thick as starch, then after that ~~quie~~ thicken<sup>es</sup> it put in 2 or 3 drops of oyle of anniseed & boyle it a little longer *with* Continuall stirring, then take it out put it in a pot, & make it into pellets as you please

To make white quince Cakes

Take faire quinces newly gathered, scald them over a slow fire, continu= ally turning them. as they grow soft, so take them vp, pare & scrape them till they. come to the. stonyes, Grynd & breake *the* pulpe till it be soft, take raw quinces, grate them, so strayne out *the* iuice as you grate it, else it will change color, set it over *the* fire, & let the iuice boyle & scum it, then put *the* iuice to *your* pulpe, so much as well make it thynnish, to every pound a pulpe, put a pound of double refyned sugar, wet it & boyle it to a Candy, stirring it till tis cold, then put in your pulpe, mingling it well together, & break all *the* knotts in *the* sugar, set it over the fire, ~~tell it till~~ it be hot as you can endure your finger in it, take it of & do so 2 or 3 tymes, so lay them out on plates in *what* forme you please, so dry them,

To make Rasbery cakes

Take Rasberies & put them in a pot to boyle, in a skellet of Water

then mash them, & strayne out the 3<sup>d</sup> part of *the* stones, or something more, to 2 pound of Rasberies, take a pound & half of sugar <sup>^wet your sugar</sup> & ~~p~~ boyle it to a Candy height, then let it be almost Coold, ere you put in your Rasberies, stirring it, put ~~in~~ it 1 or twice over the fire, as for other cakes, & so put them in sawcers to dry in a stow,

For shortnes of breath

Take a wyne glasse of Penny, royall water, 3 morni stilled & so take it 3 mornings together,

folio 44 verso || folio 45 recto

To make a surfet water,

Take a handfull of wormwood, & a handfull of speare mints, & a handfull of Cardus, & a handfull of Dragon, & let them stand all night in a pottle of new milk, & *the* next morne still it all together

To make Puddings

Take a good quantity of pithe of oxen about half a pound or more, let it ly all night in water to soak out *the* bloud, the next morning strip it out of *the* skyn, beat it with *the* back of a spoon till it be as fyne as pap, you must beate a little rose water with it, then take 3 pints of good thick creame, boyle it with a nutmeg quartered in it, with 3 or 4 leaves of la<sup>r</sup>ge mace, a stick of cynamo<sup>n</sup> then take half a pound of the best Iordan Almonds blanchd in Cold water, they must ly in water all night to make them blanch then beate them in <sup>a</sup> mortar with some of *your* creame, as they grow dry still put in more Cream, & when they be well beaten, streyne the Creame from *the* almonds, into the pithe, then beate them till *the* creame be don, & streyne it still to the pithe, then take *your* yolks of x eggs *with*the whites of 2, beate them very well & put them into the former Ingredients, then take one spoonfull of fyne grated bread, mingle all these together with salt & ~~see fill the~~ <sup>your</sup> puddings a pound of fyne sugar, & *the* marrow of 6 or 7 bones & salt & so fill your puddings, they wilbe bitter musk or ambergreas put in,

To make delicate ffurmetie

Take 3 *quartes* of Creame, then take a *quarter* of a pound of ffrench barley *the* whitest you can get, & boyle it very tender in 3 severall waters & let it be could, then put both in Could together, then put in a blade of mace & a nutmeg Cut in *quarters*, a race of ginger cut in 2 or 3 pieces, & so let it boyle a pretty while, still stirring it & seasoning it to *your* tast with sugar, then take *your* yolks of 4 or 5 eggs & beate them *with* a little creame, & stir them into it

& so let it boyle, a little after the eggs be in, then haue ready blanched & beaten almond some 20 or 30, keepe them from olying with a little rose water, then haue a fyne strainer & rub your Almonds with a little of *the* thynnest of *your* furnety thro the strainer, & set it on *the* fyre no more but strow a little salt & a little slyced nutmeg in it, but pick out *the* great spices & put it in a dish,

To bake a Carp

Scald wash & dry. a fair large Carp season it with pepper salt & nutmeg, put it in a Coffin with raisons stoned, *the* iuice of 2 oranges, & good store of sweet butter vppremost, sprinckle a little vyninger, cloves, bake & serve it vp in any of these baked meates you may put in onyons or a clove of garlick

To make a Cold Posset

Take a pint of white wyne & *the* Iyce of a leamon 2 spoonfulls of virgice a little Rose water, a branch of Rosemary & as much musked sugar as you think will sweeten it, brew all these together a *quarter* of an hour then let it settle, & streyn it into a posset pot & take a *quart* of new milk then you must stand vpon a table or Ioyne stoole & hould it vp as high as as you can, the posset pot standing on *the* ground, then powre in *your* milk to *the* wyne as softly as you can stirring it about, strow sugar vpon it & let it stand till you vse it

To make an oyster Pye

Save *the* Liquor of your largest oysters, season them with pepper & Ginger & put *them* into a Coffin with minced onions a few Currans & a good piece of butter, then powr in *your* syrrop, & close it when it is baked Cut vp the pye & put in a spoonfull of vyniger & melted butter shake it well together & put it into *the* oven again a little while then take it out & serve it vp

To make wyne of Raspries

Take 5 *quarts* of water boyle it till a *quarte* be wasted then take 4 pound of raisons of *the* Sun picked & washed & bruised a little put them in an earthen pot, then take six *quarts* of Raspries, bruise them a very little, & powre on all the Water boyling hot, add thereto half a pound of loaf sugar, stir all together, & set *the* vessell in a Cooll Cellar close Covered, stirring it well once a day for 4 dayes together, then let *the* Liquor, run throw a close hair sieve & put it into a close vessell with half a pound of sugar more for 2 days to settle, then boyle it with a lump of sugar

To make wyne of Goosbryes

To 3 pound of ripe goosbryes picked & bruised adde one *quarte* of spring water & one pound of sugar set all together on the fire & boyle a *quarter* of an hour strain it & put it into a close vessell for 6 days then bottle it vp

folio 45 verso || folio 46 recto

To stew a rump of Beef or any other piece

first parboyle your Beef then take it vp, & stuff it *with* savory, tyme sweet Marioram, Pepper salt, & good store of beef suet, they must be shred very small together, & stuff *your* beef thick *with* it, & some of the holes, put a clove of garlick & so put it in *your* poot & stew it till it be ynough

To bake a rump of Beef

Take a rump of beef not to fat nor to big, rub it gently with salt then take tyme, sweet marioram, & pure beef suet a little beaten, & minse *your* hearbs & suet very small strow a nutmeg & mace on them, & mingle all well together stuff *your* rump of beef well *with your* things then lay it in a clean earthen pot, & poure on it half a pint of white wyne & as much fair water, as will Cover it & no more, Cover *your* pot very close, then either set it to stew or set it in the oven, if it be stewed the longer *the* better serve it vp with sippets,

To Coller Beef

Take a piece of beef that is inter larded *with* fat, if it be not fat ynough, larde it *with* bacon but let not *your* piece be to big Cut *your* beef long like a Collor of brawn, season it *with* peppar & salt mace & nutmeg, then take herbs according to *your* liknes cut them very small, strow it on *the* beef then roll it vp as you do brawn, bake it *with the* houshold bread, *with*<sup>in</sup> a pot no wider then *your* Collar, Else it will not be Covered over *with* liquor, you must put butter in the bottom & on *the* top, & some white or claret wyne if you please. past vp *your* pot, & let it stand a week before you take it out of *your* pot, you may warm it on a few ymbers, when *your* pot sides are warm it will slip out/

To *preserve* Rasberries whole

Take of *your* fairest Rasberys, to a pound of them, take a pound of loaf sugar, beate it to *your* 3<sup>d</sup> part of sugar, *with*

as much water as will wet it & with the back of a spoon  
mash some red corans & streine in half a pint of the raw  
iuiice into the sugar & boyle & scum it well, then take  
it of & put in *your* berries being ready pickt, haue a quick  
fire & when boyle vp strow in *your* part of the sugar  
being finely beaten *which* will keep *your* Rasberries from  
breaking, when it will gelly put them in glasses,

#### To make apple Cream

Take *your* apples & pare them, Cut them into halves put them into  
water, then take them out of the water, & lay them into a dish, &  
put in water ynough almost to Cover them, then put in a good  
quantity of sugar, a little whole Cynamon, 2 or 3 cloves  
Cover them *with* another dish & so let them stew, often  
turning them, & when they are pretty well steewed & the  
water well wasted, put in a little fat sack, then take some  
cream & boyle it *with* a little mace, when it is boyl'd take  
it of the fyre & stir it till it be almost cold, to a *quarter* Cream, take  
*the* whites of 4 eggs beate them very well *with* a little rose water  
stir them into *your* Cream, & season it *with* sugar, then set it on the  
fire & stir it all one way Continually till it boyl'd, then take it of the  
fire till it be almost Cold, & put *your* apples into the dish you meane  
to serve it vp & take out *the* Clove & synamon, then pour *your*  
Cream on the top of *your* apples, put some sypets of bread about  
*your* dish, grate some sugar all over it, so serve it to the table

#### Orange Marmelat

Take oranges, cut the outer rinds being pared of, cut them in halves  
take out the meat, boyle them tender, shifting the water 4 or  
5 tymes as you find them bitter, the water must boyle always before  
they go in & when they are tender take them vp & cut them  
into small long slices then weigh them & to every pound of orange  
put a pound & *quarte* of double refyned sugar put in some pippin  
Jelley & mix *your* Iuice of oringe sugar & slices & Jelley  
altogether, the orange Iuice must Come thro a hair sive  
if you please you may add more sugar so let them boyle  
gently, till all the sugar is melted & then as fast as you please  
always stirring it till it be of the thicknes of marmolat  
& iust as you are ready to take it vp, warme some of it &  
put in but it must not boyle after,

#### To make Pippins green in Wynter

Boyle *your* pippins tender, & pell of their skyns, put them into water  
again, Covered it close over hot imbers & let them stand 3 houres  
Turning them somtimes till they <sup>are</sup> green ynough

To make prince Bysket

Take 3 eggs yolks & whites, beat them in a bole or basin a *quarter* of an hour put to them half a pound of sugar & beate them as Crows agen, then put to *them* half a pound of fyne flowre, & a *quarter* of an ounce of annyseed & beate them together whilst *the* oven is a heating, & when it is as hot as for manchet butter the Plate, put it on them, Bake it, ~~then~~ then dry it & keep it for *your* vse,

folio 46 verso || folio 47 recto

To preserve oringes *with*the meat in them

Take *your* oranges ty them vp in a Bag with a stone in *the* Corner to make them sinck vnder water, let them be Covered *with* water, chang *the* water evey day for a week, ~~thensearer~~<sup>cowre</sup> them *with* salt, then cut a little hole at the stalk, & take out the seeds & *your* Uice, but leaue in the meate, then if they leaue a thick coare or rind pare of the <sup>roughnes</sup> ~~thicknes~~, if it be a smooth rind you need not pare them, then ~~with~~<sup>hen</sup> *your* water boyle, put in *your* oranges in a bag as aforesaid, & let them boyle till the water is bitter, then hauing ready another pot of water boyling chang the oranges into *the* fresh water 4 or 5 tymes till they be tender, then to 3 pound of oringes take |3 p<sup>d</sup> pound of sugar & *with* about a p<sup>t</sup> of water make *your* syrup boyl it & scum it & so put them in, boyle them <sup>one</sup> ~~onee~~ hour, then haue ready a pint of Ielly of pippins, put it in by little & little as it boyls & let it boyle on houre more then put in the iuice of the oringes & so take it of & put it in *your* pots altogether while tis hot, you must be sure to dry *your* oranges on a cloth, before you put them into *your* Syrop to make *the* Ielly of pippins pare *your* pippins & shre them Coarse & all into some fair water & boyle it till it is strong of *the* pippins & so strain it

To make Cowslip wyne

Take 6 gallons of spring water, put into it a pound of loaf sugar set it on the fire & let it boyle one hour, then haue a basket of Cowslips ready pickt, put them into a cheese cowle, then pour *your* water boyling hot on them & Cover it Close, & so ~~long~~ let it stand 3 hours, then strene it & when it is Cold ynough Cut 3 or 4 pieces of white bread & put some barme vpon them, & put them into it, & make it work & when it is ready tun it vp & stop it close, when it is a fortnight old, draw it out in bottles, put a spoonfull of syrup of leamons into every bottle,

For *the* head ache

Take *the* brains of a Crow siethe it & eat it there is no pain so great or old but will heal it

To Cause to make water *which* is stopt within

Take as much fyne powder <sup>of</sup>English safron, & of fyne pure black soap .. mingle together & lay it on the flesh side of leather & make thereof a plaister *which* you must ~~en~~ lay on *the* navle

To make oyle of Broom or the yellow Balsam

Take the flowrs of Broom & pick them clean from husks likewise *the* flowres of Eldar, with may butter a good quantity beate them together in a mortar, then put in an earthen stew pott, stop it close & bury it in the horse dunghill 8 or 9 days then melt it on the Coles, then streine it throw a clean cloth & keep it for *your* vse

The Leaden Plaister

Take 4 ounces of oyle of olive, best good Red lead one <sup>P</sup> pound white lead one pound, powdered. beaten to dust very fyne 12 ounces of Spanish sope, incorporate all these well together in an earthen pot well glazd, before you put them to boyle after they are well mingled, so that *your* soap cometh vpwards put it on a small fire of <sup>coales</sup> ~~eloathes~~ for an hour & half ~~speedy~~ <sup>still</sup> stirring it with an iron ball at the end of a stick, then make *the* fire somewhat bigger vntill the rednes be turned into a gray Color but you must not leaue stirring, till the matter be turned into *the* Color of oyle or darker, ~~whēn~~ it is ynough when a drop of it vpon a wooden platter will not cleaue to the finger, then make it vp in to a roll, it will keep 20 yeares, *the* longer *the* better it is kept

To lay on the stomack a plaister, takes away any grief thereon the belly for cholick or reynes, bloody fluxes, generall heate of kidneys & weaknes of *the* back, healeth all swellings burnings bruises, takes away. aches. breaks felons pushes imposthumes, & heals & draws any running humor. as the gout not breaking *the* skyn, head ache eys Toothache Takes out the fire heals a burne or scalds,

A receipt for *the* Stone Chollick provd by the Lady Clark  
& Mr Bunch

Tak hipps hawes parsly roots, fennell roots new laid egg shells dry them in an oven, beat them to powder then take of the hypps haws & eg shells of each a spoonfull, of the parsly & fennell roots of each half a spoonfull; put them into a still cloat leaves & a few nettle topps to take this morning & Evening but one may take them at any tyme as occacion serves

To dissolve grosse humors, open *the* lights & help *the* breathing

Put mustard seed into figs & eat them at night;  
Rost powder of Hysop in figs eate every day one,

ffor the breast stopt with Colde

Boyle figs with mustard seed in wyne & drink it lukewarme,

folio 47 verso || folio 48 recto

To make Mackerons

Take 3 quarters of a pound of almonds blainch them & beat them small with rose water put to them a pound of suger & the whits of 2 eggs & a grain or 2 of muske being steeped in a spoonfull of rose water beat them together till *your* oven be hott as for Manchett then lay them vpon wafers in what form you please bake them dry them keep them for *your* vse

To make Almond Cake

Take a pound of Almond blanch them beat them very small with rose water then put to the half pound of fyne flower & a pound of sugar the whites of 2 eggs beat them together while the oven is heating lay them in paper or wafers in *what* forme you will

To preserve quinces whole

Pare & Core them at *the* little end, take almost the weight of sugar put to it half a pint of water or a little more put it to *the* Sugar, boyle & scum it so put in the quinces let them stew softly close covered when they are of the Colour of Claret well boyle them vp a pace haue the Cournells boyleing in a skellet of water, when *your* quinces are almost boyled to a pound 3 or 4 spoonfulls of the Jelly then put them in glasses

To Candy Flowers in their perfect Color & sent

Take a little piece of Gumarraback & lay it in steep in rose water till it be dissolved then take white sugar Candy & bruise it small like little sparks of Diamonds then take *your* flower in the heat of day lay them on *the* bottom of a sive wet them over *with* the Gum water & strew the sugar Candy vpon them set them in the sun to dry and when the one side of them is dry then turne the other & Candy the other side of them in <sup>^</sup>the same manner & so you may vse them as you please

To make Clear Cakes

Goseberies or Curranes put them into a pott with a spoonfull or 2 of faire water if it be for white they must lye but a few at a time & power out the iuce of them take the full waight of sugar boyled to a candye height soe order it as othere Cakes.

folio 48 verso || folio 49 recto

To make Marchpan

Take a pound of Almonds blanch very Clean then dry them in a cloth put to them half a pound of Suger beat them into a past & if *your* past beat oylly put a little rose water into it, beat it together & that will tak out the oylliness of it & soe you may mak a Marchpan or print it *your* molde or how otherwise you <sup>pleas</sup>

To make wine of Cherries

Take <sup>^</sup>of the best Cherrys as many as you please crush them a little in *your* finger & then bruse them *with* a ladle in a bowle, let them stand all night in an earthen vessell, the next day, strain ~~you~~ them hard take to every gallon of liquer a pound of loafe suger And put in into a close <sup>^</sup>vessell let it stand there i4 ds then bottle it *with* a little suger if you intend to keep it long put in the more suger

Another way

Take a runlet that hath had wine in it & fill it about 3 parts full of ripe Cherries the stalks & stones taken out then fill it vp *with* Spring water that hath been boyled & is Cold againe, put in a stick of sinnamon halfe a pound of suger then stop it vp close & set it in a coole seller for six weekes, then bottle it *with* *with* a lump of suger in every bottle: you may if you please fill the vessell againe & add one pound of suger

To make wine of Raspis

Take 5 quarts of water boyle it till aquart be wasted, then take 4 pou<sup>nd</sup> of Reasons of the Sunn picked & washed & bruised a little put them in an earthen pott then take six quarts of Raspis bruise them a very little & power on all the water boyling hott add there to half a pound of loaf suger stir alltogether

& sett the vessell in a cowle celler close covered Stirring it well once a day for 4 dayes together, then let the liquir run th<sup>er</sup>ough a close haire seeve, & put it into a close vessell with half a pound of suger more for 2 dayes to settle then bottle it with a lumpe of Suger in every bottle

An other way to make wine of Raspis

Take to every Gallon of Rasberies a pound & half of loaf Suger beaten fine, let the raspis & suger be beaten together & let it stand 24 howers then let it run throug a bag then put the liquir in a close vessell for i0 daies to settle, then boyle it with a little Suger, & being coold put it again into a close vessell, with half a pound more & set it in the seller till it hath the tast of win of black berries

After the same manner is made the win of black berries onely the liquire requirs not boyling, nor soe much suger, but you may add a quart of water to a gallon of blackburies

To make Plume wine

take ripe Plums with out stalkes slitt them round & Cross way, & therewith fill 3 quarts of a vessell: if the Plumes be sweet there needs noe suger: if they be Damsons to every Gallon of water that must fill vp the vessell take one pound of suger boyle the water & suger together & when it is Cold being first well scummed put it to the plumes & let it stand a weeke

folio 49 verso || folio 50 recto

let it stand a weeke if you find the firmensacion strong draw it of souner  
5 put a little Suger to every bottle, if you make any without Suger you must boyle the water alsoe

To make wine of Currans

To <sup>fiue</sup> a quarts of water adde 2 pound & half of Suger boyle it to the Consummation of one quart Scume it well, & to every quart of water: put a gallon of Currans bruised in a mortar st<sup>l</sup>eve them well together & let them firment *which* when they begin to doe draw of the liquor thorow a gelly bag puting it to settle 2 daies in a close vessell then power it from the dreggs & Put again in the same vessill & being well stoped let it stand in a coole seller for a then boyle it vp with a little Suger if it stay tow long dregges it will ferment to much let the Courrans be very ripe & will picked from the stalks wine of Gousberies is made after the same manner, but if the fruit be very ripe it requires not so much sug~~e~~  
suger

To make wine of Goosbery an other & a better way

Take 3 pound of Ripe Goosberies stunted picked & bruised add one quart of water spring water & one pound of Suger Sett all together on the fire & boyle it aquarter of an hower strain it & put it into a crosse vessell for 8 daies then bottle it vp

### To make wine of Raisons

Take 40 pound of Maligoe Raisons wash dry & bruise them in a mortar then put them in a tub that hath a hole in the bottom, *which* hole must be stoped with a small staft that will fitt it about the lower part of *which* must be put a thom such as brewers vse to keepe there graines from runing out *with* there liquirs, put to them i0 gallons of water first boyled & then cold againe Cover the vessell close that the spirits fly not out let it stand a weeke in summer and a fortnight in winter stir it every day except the last day, then draw out the tap & let it rune into a tub then strain it throw a Cotten bag in to an other vessell: if it be winter warme it till it be as wort in summer when the yest is put to it if it be made in summer *you* need not warme it but draw it of & tun it vp in a close vessell, then take 3 quarters of a pound of Almonds blanched & beaten *with* milke, make them vp into 2 or 3 balls & putt them into the vessell, let it stand till it be clear, And *with* a lump of Suger & a little Lemmon pill bottle it vp let it stand amounth at lest before *you* drinke it: if when *you* haue drawn of the liquer *you* put 3 or 4 gallons of water boyled & Cold as before to the raisons & let it stand 4 or 5 dayes *you* will haue fine small wine: after the same manner may be made wine of blue or dryed Corrances

### To preserue white quinces

Take the fairest english quinces & Core them & put them into water; & scald them till they are very tender; but let them not boyle, but assoune as they begin to boyle take them of & let them stand in the water & when it begins to coole put them on againe besure *you* keepe them vnder water *with* that *which* *you* cover them *with* & when they be very tender all over take them out of the water & put them into a hott cloth & pare them & cutt of the end cut a hole in the end next the stalke, then way them, & to a pound take a pound of the finest double refined Suger beat it & put it into a scellet *with* a wine pint of water & set it on the fire & when it is hott put *your* quinces in & let them boyle leasurely for a good while still stirring them & pricking them *with* a bød small bodkin when they are very tender boyle them as fast as *you* can possibly that the sirrup may cover them: & when the quinces looke cleare & the sirupe Drops <sup>drops</sup> thick take them of & put them in glasses, but be carefull all the whle they are boyling to scum them very well. quinces first gathered will doe best

folio 50 verso || folio 51 recto

folio 51 verso || folio 52 recto

folio 52 verso || folio 53 recto

folio 53 verso || folio 54 recto

folio 54 verso || folio 13 verso

back inside cover || folio 1 recto

fifty & seaven cheese in the Chaest  
oct scart  
what fflax I dressed Iun & Iuly 1675  
of one sort of flax one hundred & tow pound  
of the shorter sort there wast was dressed twenty one pound  
of the first sort of flax f hurds thirty six pound  
of the shorter sort of flax hurds seaventeen pound  
of Cleerings of both sorts fore double pound  
dressed then of Hemp three <sup>double</sup> pounds & 3 quarters of a  
double pound  
& 2 <sup>double</sup> pounds of Hemp hurds  
Goodman Iames at worke & his sonn i5 daye at 6<sup>d</sup> the day  
& his sonn 3<sup>d</sup> the day  
tow sonnes of his more at work i2 dayes the on  
at 6<sup>d</sup> the day the other at 5<sup>d</sup> the day  
the Totol som th to the 4 men is <sup>i</sup>li=2s =3d  
76

A note of what flax I haue in all August the last 76  
of that *which* is very in the Cheast in Lettu Chamber 6 Seaven: <sup>ty</sup> 70 pound  
in an other box that I lately dressed forty fore pounds & a halfe  
in the Chist *which* in the hall there is of a Course stitt of flax  
of .... twenty pounds in the same Cheast there is  
of a much finer sort thirtin pound. and a parcell of very  
fine flax in the same Cheast of sixe pound  
there is 3 pound more then all the preceding in the buttere  
there is in sinckly parlor a parsell of flax hurds of  
twenty four double pounds Sept the first 76  
forty one .... ..ed yarn in the garet Sep the first 76  
4 .ins of raw yarn in the garet Sept the first 76  
Ei.9.^

Take one pound of Creame and a pint fyt .. beat one .....

blend it *with* sort creame being halfe a pint makeing it as you may knife *which* done put  
in suger & sweetten it as you please then sett it in a deepe dish to coole & take the other halfe pint  
of the creame being thicke & sweeten it as before *with* rosewater & suger beating it *with* as ...  
till it be a handfull aboue the dish & the froth rising take it vp & put it onely aside till it  
be risen vpon height takeing the other froth from the creame as it riseth

To make harts Horne Jelly

Put a quart of water into a new pipkin put to this 2 ounces of harts horne halfe a blade  
of Mace & a tip of rosemary & a peece of Leamon pill let these infuse 2 howers then boyle

them till halfe be wasted then put into it awine glasse full of white wine & a quarter of a pint of red rose water boyle these halfe an houre on a soft fire then straine it into a galley pot & sweeten it with suger candy lett the party drinke of yt 3 or 4 spoonfulls in the morning & at 4 a clooke in the afternoone

#### To make Snow Creame

Take a quart of Creame & take 5 whites of egges & put into the Creame sweeten it & then strean the Creame th into a pan then make a sticke about the bigness of a Childs arme then cut it Cross that it may stand wide then beate *your* Creame till the froth riseth then take it of in a Conteander & soe beat *your* Creame till you thinke you haue froth enough then take *your* Conteander of the Creame & boyle yt & put it in a dish & let it stand to be cold then lay on the f.. you may boyle rice or Almonds in *your* Creame

#### To make white puddens

Take one pound of Rice & boyle it in milke & lett it stand till it be cold & then grate 2 penny Loafes & sift it & halfe apound of Almonds blanched beaten with rosewater i. egge & whits beaten both well together 2 pounds of Currans & 2 nutmegs with a little mace 4 pound beefe suett finely minced one pint of Creame boyled then cooled 6 spoonfull of rose water of suger with a spoonfull of salt all stirred well together

#### For Suger Cakes

Take halfe apound of Butter a quarter of a pound & an ounce of suger 2 spoonfulls of Creame spoonfulls of rose water & muske what you thinke fitting put flower enough to make it into past to yolkes of egges & some Mace

#### To make an allmon Caudell

Take a pint of white wine & alittle mace & sinnement 2 ounces of Iorden allmons blanched in rose water & beat them very fine then straine them when the wine hath boyled a while put in *the* & stirr it & lett it boyle till it be thicke

#### To Make Almond Butter

Take halfe a pound of Iorden Almons blanch them then beat them very fine & straine them & take aquart of Creame & let it boyle safely then put in tghe Almons Creame & let it boyle of an hower then cut a Leamon & Squese in it <sup>then</sup> let it boyle till you see it curdell then take & put it into a strainer & hang it vp all day & all night the next day put it in a dish & beat a spoone with duple refined suger then dish it according to *your* mind  
Take a pint of Creame & a spoonfull of rosewater & sweeten to *your* tast & beat it till it be the

#### To make Clouted Creame

Take 3 gallons of new milke set it on the fier in a stone pane & keepe it stirring till it be scalding hot take 2 quarts of Creame & let it be 2 howers a putting into the milke over the fier then stirr it till it be saeke Luke warme then set it in acoole place 2 dayes & anight then did it  
20 graines makes a scruple 3 scruples is a dram 8 drams one ounce 16 ounces one pound  
In com mio



### A receipt for Pomatam

Take one pound & a halfe of mutten suet boares greece & deares suett of each halfe a pound Lingn<sup>u</sup>m rodium a quarter of a pound Orris in powder one ounce Cullumans a comiticus one ounce of sweete water halfe a pint one pippin one marshmallow roote one white lilly roote

### A receipt for many aches

Take a pint of Linset oyle a quarter of a pound of Beese waxe a quarter of a pound of white leade, you must searke the white leade & boyle the oyle & yt together ~~It is good~~ first, when it is black put in the waxe & boyle it together it is good for the gout cut or soore

### Another receipt for Pomatum

Take 2 pound of Pigg Suett or else mutten suett & put it, <sup>in</sup> condeit or spring water & soe let it lie for nine dayes shifting it twice a day with faire water & then take it out & beat it betwixt tow clothes then mince it small & set it on some embers where it may not melt to fast then straine it then take 2 peniworth of Searos 2 ounces of oyle of bitter almonds 2 penyworth of Parmasetti & what quantitie of Ambergreese you please or rose water then beat them alltogether & put them close vp

### To make a plaine cake

Take 6 pounds of fine flower & a pound & a halfe of butter then mingle it with Creame being not tow hott take a pint of yest & when it is knede'd well together sett it at the fire & lett it rise then take a pound of Caroway Comfitts & a quarter & halfe of suger & kned it in the cake very well then make it vp & bake it doe not goe about it till the oven be halfe hott you must put some rosewater amongst it

### To make a poultis for a sore brest

Take cold milke & collour it well with the flakes of saffron but not dryed at all then put grated bread to it & boyle it altogether thicke to a poultes then put in as much Barrows grease as the quantitie of an egge & apply it as hot as you can this will either dissoule it or breake it if it breake you must not apply any thing else but this Poultes to heale it but you must apply it for three weekes or a minute together to draw all agues from *your* brest & it will draw all paines and whatsoever

### For burning or scalding

Take ale hoafe 2 good handfulls halfe a pound of grease of a Barrow hog or fresh butter chopp the hearbes small then pond or stampe the grease that well together & boyle them on a soft fire

till you see <sup>the iuice</sup> , consumed then streine it & keepe it for *your* vse

For a soare mouth swelling of the gumes fastning of the teethe

Take rosemary topes about halfe a handfull drie them to powder & search them & *with* it burne not altogether soe much, incorporate them well together *with* some english honey

To make the a leaden plaister *which* is good for many things

Take 2 pounds & 4 ounces of the best oyle oliue you can haue of good red lead one pound of white lead one pound both very small beaten into dust & sift it throw a heare seife then take i2 ounces of spanish soape & incorporate all these together very well in an earthen pot well glased before you put them to boyle & when they are well incorporated that the soope cometh vpward to still stiring it *with* an iron sade at the end of a sticke then make the fire something biger till the redness be turned into a gray collour but you must not leaue stiring of it till the matter be turned into the collour of oyle something darker then drop it on a trencher & if it sticks not the finger or table it is enough then make it into rowles & keepe it for *your* vse the longer you keepe it the the reason it will rise vp very much in the boyling

**folio 2 verso || folio 3 recto**

The vertues of the leaden plaister

the Same being layed to the stommacke provoketh appetite & doth take away any grieffe in the stommacke the Same being layed on the belly it is a present remedie For The collicke & layed to the reins of the backe it is good for the bloody fluxe the heate of the kidneyes weaknesse of the backe the Same healeth all Swellings bruisinge & aches it doth breake all fellon & other imposthumes & healeth them the Same drawethe out any runing humour without break ing the skin & being applied to the fundament it healeth any desease there growing for all Sudden Swellings it is good & for a Sore brest it is very good the Same applied to the hinder part of the head draweth backe any rume in the heade the Same applyed to the rists stomacke & Soales of the feete taketh away fever or ague

To make oyle of elders of abruse

Take elder flowers lett them be withered 3 dayes take the like quantitie of beane flowers temper them *with* Sallett oyle & make them vp in balls put them in aglasse & fill it vp *with* Sallett oyle Sett it in the Sun a munth or Sixe weekes

For a greene wound

A pound of fresh butter unwashed halfe a pound of rosen beaten fine a larg handfull of the topes of rosemary asmuch of vnsett Isop cut these very Small & boyle them halfe an hour on a soft fire & ^ straine it

### To make oyle of Swallowes

Take Laven<sup>der</sup> cotten Romane wormwood Tutsan violett leaues Red Sage french Mallowes  
Walnute leaues Ribwort knott grasse vine stringe heaven lader Camomill Straberry strings  
woodbine leaues balme tops bay tops rosemary tops Lavender tunhoofe rose leaues each of them  
one handfull 20 Swallowes alive pick *your* herbs then put them into a bowle then put in the Swallowes  
& Stampe them alltogether put them in an earthen pot put in 2 ounces of cloues 2 quart of ne<sup>ate</sup> foot  
oyle & stirr them well together then let them stand 9 dayes together in the earth then take the pot  
then stop it vp close with a couer of rie past put it into a kettle with water & lett it  
boyle 12 houres then straine it & keepe it for *your* vse

### A drinke for the Rickett

Boyle a good handfull of charvill a few topes of Isop alittle Tamarice of Hart tounge 6 leaues  
of Maiden haire a penniworth 2 or 3 leaues of colts Foote boyle all these in 6 pints of water with a  
quarter of figes Sliced a quarter of raisons Stoned & a quarter of Curranes halfe an ounce of Licorish  
& an ounce anniseedes bruised boyle these to halfe & giue the child a little of it at a time

### Beare for the Ricket

Take of Ash barke & of Ivie barke of each asmall handfull the outward rind being Scerpt of  
Take the greene that will pill & put it into 4 Gallons of <sup>new</sup> wort with 4 handfulls of Scuruy grasse & of  
Brooke  
lime & water Crasses of each a handfull of Egremony & tamarise a handfull of each Anniseeds & licoras  
each an ounce of Raisons Stoned halfe a pound boyle these a little in the wort & passe the wort  
through a bagg let thu bag remaine in the barrell to worke with the beere let the bag hang in the  
wort soe that it sinke not downe to the bottom, & when this drinke is 7 or 8 dayes old the child may  
drinke of it & continue the vse of it in the Spring & in the fall of the yeare

### A plaister for the knees in achild that hath the Rickets or weeke knees

Take diacalithos salue 2 ounces & of Rupture Salue one ounce let these be mixt with Some oyle of  
Masticke untill it make them Soft Spread this vpon leather Some 3 fingers broad long enough to  
cover aboute the knee

### An excellent resipt for a Cough

Lofe Suger 4 ounces Lecorish halfe an ounce Orringe pill 3 drames all made into fine powder  
& mixe it with oyle olliffe Somewhat Stife of this eate of but Cheifely in bed at night & before you rise<sup>th</sup>  
in the morning

To make a very good water for the Plague Ague Heate at Stommacke or a Surfitt

Take Rosemary Salendine Sage Balme mugwort Rewe wormwood Egremony Angelica Bettanie Dragon Scabus Pimpenell of every one halfe a pound put all these together in a pott with a narrow mouth letting them sooke in white wine 3 dayes 3 nights stoping it very close then all these in a still of Glasse or in *the* ordinary still but in noe Limbacke if on be Sicke of the Plague giue him i0 Spoonfulls blood warme assoone as he feeleth himselfe infected & let him walke if he be able if not let him be forst to walk betwixt 2 men then let him goe to bead if he vomitt it is the better if you can possible giue him the water before he sleepe after hee is infected the older the water is the better it is it must be stilled in may it is for all these deseases afore written

For the Plauge you must giue the patient i0 Spounfulls warme & let them sweete well you may set 3 or 4 Stilles aworke that it be the soner done the first quart is the best the rest may run together

For A consumption

Take half a Score of Sheeps trotters wash them & picke them very cleane & put them into 3 quarts of running water & boyle them very well till the water be consumed to a quart or 3 pints then streaine it throw a fine cloth them put it into a pipkin & ade to it 2 or 3 clades of Maces 6 yolkes of egges well beaten with a pint or a pint & halfe of Sacke & as much Suger as will Sweetten it then Set it over the fier keeping it stirring then power it forth into a bason Soe let it Stand & Jelly then heat Some in a cup in a skellet of water & drinke of yt morning none & at night when you goe to bed

A Cordial powder made & Sould by mr Gascoigne & calld Gascoigne s powder

he Sould this receipt to a gentman who payed 30<sup>d</sup> for yt&nbsp;nbsp;

Take white Amber white Corall Crabs eyes Harts Horne of each one ounce of Bezar i dram the black tips of Crabbs Clawes as much in weight as all the rest powder them into a very Subtill powder & ~~min~~ mingle them well together then make it vp inn round Balls with a good Jelly made of harts horne put in noe more Jelly then will make it hould together you may couller it with a little Safforne if you please If it be taken the quantitie of 8 or i0 graines it cureth poysen it is excellent in feauers in Agues in all ~~dea~~ diseases of the hart & in all infectious diseases it driues out the Small poxe if it be giuen before they come forth out & keeps from being Sicke at the hart with them you may giue it to awoman in her Child bed or to a new borne child in its Mother milke if it be not well The quantitie of 3 graines

An Excellent oyle for any greene wound & good allsoe for bruises Spraines or wrenches the best time to make it is in Iune

By MrshCyiggins

Take ould white wine of the best 2 pints oyle of oliue 3 pints mingle them both together & put into them these hearbes following being bruised the flowers & leaues of St Johns worte halfe a pound Cardus dictus Sage & Valeriam of each one pound infuse them in the wine & oyle 24 howers then let it boyle on a soft fire vtill the wine be quite consumed sometimes stiring them then streine it & set it over the fier againe & put to it i pound & a halfe of venice turpentine then let it boyle the space of a quarter of an hower then into yt Olibanum fiue ounces mirhe 3 pounes Dargons blood i ounce all these being in fine powder let them boyle on a soft fier a quarter of an hower then take it of the fier & when it is cold put it vp into a glasse cover it with parchment pricked full of holes then set it where it may cool to the heat of the sunne i0 dayes & when you taker it in you must stopped it closer

A very good and safe purge Mr Philip Coningesbys

Make a cleare possit drinke *with alle* or beare that is not tow strong power something more then halfe a pint into acleane posnett put into *that* one ounce of the best Manna & as much creame of tartar as will lye heaped vpon a groate boyle it gently over the fier till you haue Skimmed cleane then power it through a Cloath into a cupp or porringer let it stand & coole a while then put into it 3 <sup>good</sup> spoonfulls of the best sirrur of Roses stirr it together & being very little more then blood warme drinke it of & when it hath wrought once or twice drinke either warme posset drinke or thine broth if possett drinke it must be very Cleare & keepe *your* Chamber as you doe for other purges about noone you may haue a boyled Chickin or some mutten *which* you please

An Excellent receipt for the paine & weakness of the Backe  
& to Cleanes & strengthen it

Take of *your* best Cypress turpentine it lookes yellowish make it vp into pills *with* the powder of white Amber you must put a little of the powder in the palme of *your* hand & soe take some of the turpentine *with* the poynt of a knife & roule them in the powder soe swallow them make them not tow bigg by reason they may be trublesome take 3 in the morning & as many at night soe long as you thinke good aboute halfe an hower after you haue taken them in the morning drinke a draught of br- oth of what you best like they will keep you solluble

A good breakfast for those that feare a Consumpsion

Take a new layed egge breake the top & power forth the white from the yolke then fill it vp *with* the best Sacke & sweetten it *with* the powder of white suger Candy stirr it well *with* a bodkin & but iust warme it or ayre it in the imbers then sup it vp doe this 2 or 3 mornings together

Purging pilles for the head

4/ pill A gregat Cock 2i :i4: pill: A gragat: Coch: ani.3.I.  
A Cordiall for a fainting hart or weake stommacke  
chese Cordea take some of this vpon the poynt of a knife  
when there is occasion

For the Goute

Cariocostinum & Creame tarteir

for a defluction

Take of Conserue of the oldest Red roses halfe an ounce masticke i6  
graines Olibanum 9 graines methrydatt halfe a dram & spiritt of Sulpher

5 dropes mixe all these well together then take at *your* going to bed  
as much as a nutmeg & lett yt desolve in *your* mouth

#### For a Consumption

Take *your* large white Snayles a pint or thereabouts let them purge them  
selfes in white wine a night & being taken out wipe them cleane *with* a fine linnen cloath  
& after pricke them *with* a silver bodkin all over then lett the water droppe into a clean  
pewter dish boyle this vp to a sirrupe *with your* best white suger Candy & take oft  
it 2 or 3 spoonfulls morning & at 4 in the evening let *your* suger Candy be double the  
waite of *your* waite

#### An excellent medicine for a Consumption

Take a quart of vnsett Isopp water 24 reasons of the sun stoned one ounce  
of Licoras stickes sliced one ounce of Anyseeds but all these together in the  
water in a stew pot Close stopped & set it on the fire or imbers stewing  
leisurely for the space of i2 houres vntill it be washed vnto a pint then straine  
it through a el cloath & put it in a bottle close stopped Then take there of  
4 spoonfulls bloud warme first in the morning & last at night butting in  
some browne suger candy this is an approued medicine for any kind of *Consumption*  
if they are not for to ould tow farr spent

#### Lozenges for arume

Take of Bitteney water white hor<sup>r</sup> hound water Isope water Cardus Benidictus  
water of each of these tow ounces & tow ounces of Coutsofoot water then take a quarter  
of an ounce of the Powder of Irris Roots halfe an ounce of the pouder of Allacom  
pane & one ounce & a halfe of the powder of Licorish halfe an ounce of any seeds  
take the full waite of all these powders in suger & more soe Cast all these into a pewter  
dich *with* the waters & boyle it vntill it Comes to be thike enough to cutt on a plate  
to dry soe keepe them to hold in *your* mouth *which* is ~~zh~~ excellent for a rume

#### An Elextuary for a Consum<sup>P</sup> tion

Take harts tounge maiden heare Isope Angellica or the roots of germander Colts  
foots hore hound Rosemary Egrimony bitteney the shaueings of harts horbe of eae  
each one a handfull a peace of gould boyle all these i 2 gallons of water from a  
good spring vntill it comes to a quart then straine it & take the water, A quart  
of good English honey boyle ~~this with~~ a little *with* Amber greese then take i2 handfull  
of the powder of Licorish & Allicompane Roots 4 of the Allicompane & 8 of the  
take it night & morning the bignesse of A domson  
take forty gray snayles or there abouts wipe there shells Cleane *with* awett Cloath  
then pricke the snayles *with* a needle soe that they may shrinke in *with* in the shell, then

fill vp the hallow place with browne suger Candy beaten to very fine Powder then lay them in a faire powrenger or dish that is close & a day or tow it will be all dissolued into a sirrup then pouer out all the sirrup very cleane then wash out all the shells to a little distilled Isop water throwe it into *your* sirrup take of that sirrup a spoonfull a licorish stick in the after noone this is a most approued cure for a Consumption Cough you must Cleange *your* snayles before you wipe them by laying ~~them~~ some fennell amongst them *which* will Cause all them to Ioyse alittle black kind of excrement

folio 4 verso || folio 5 recto

To make quiddeny or stommack marmolod of quinces

Boyle quinces to pap & core them & to 40 ounces of the pulpe put a quart of wine vineger & as much suger as quince let it boyle simperingly vpon a fire not tow rash & scumed put to the quantitie before mentioned one ounce & halfe of ginger & one ounce of white peper beaten grosse keepe it stirring while it boyles to the height least it burne

To Make fine naples biskett

Take a pound of refined suger beat it very small in a Cleane mortar then drie it over coales be sure the thing be very dry *which* you dry *your* suger in then seauē it through a piece of tiffany then whigh a pound of the finest wheat flower & dry it as you did the suger & search it as you did the suger then take the yoles of 4 new layed eggs if the egges by small then take halfe an yelke more put in 3 whites & beat them well together put to them 8 Spoonfulls of rose water & beate them together then put *your* suger into the eggs & beat them an houre together & while you beate it butter the plates as thin as you can & when you haue beat it an houre then put in the glower & beate them a while together Heate the oven as you does for manchett then fill the plates & set them in & let them stand vntill they be risen then take them out & if you please you may put in some seeds Awhen they be backed let the oven stand & coole a little let them stand an hower in the oven to harden them

To make Conserue of Barbaries

Take *your* barbaries & put them in to some earthen pot or iugg & stop it well & set it into boyling water & let it there continue 2 howers vpon a soft fire then draw them through a strainer lightly to every poound of iuyce take a pound & quarter of suger refined & put it in vnbeaten & set it on a chafendish of coales & keepe it *with* stirring till the suger be dissolued & let it stand till it be almost cold & so put <sup>vp</sup>

To candy Orrenge or Lemon peale

Take *your* Orrenges & pare them as thin as you can then cut the white rind in long slices & lay them in faire water one day & night & chainge the water twice in that time then sow them vp in a piece of tiffeney & boyle them in 3 severall waters every water you put them into must boyle but the first & not to long for Feare of looking blacke then take them vp & put lay them betweene tow hot clothes & dry them well then

weigh them & to apound of pills take a pound & aquarter of double refined suger wet the suger with faire water very thin & let it boyle till the sirrop hang with a drop on the spoone but it must not roape then let it coole & then put in your pills & let them preserue very softly & keepe them couered whilst they are adbeing & when you see the sirrup to hang aboute them then take them vp & put them with the sirrup into a preseruing glasse & set them into a warme cubbord & there let them stand till you see the peeel be candy then take them out & lay them vpon glasses & set them in the cubbard againe & turned them often

#### For Spiritt of Roses

Take of the best damaske roses lett them be gathered when they be throughly dry & picke away from them all the dead & worme eaten leaues & after they are picked from the stalkes sift the seeds Cleane from them then take a great earthen pott let it be very well mealed & put some roses into it & straw a little very good bay sale vpon them & then lay more roses into it till it be as fullas possibley you can get it then with parchment & clothes ty it vp as close as you can & let it stand in a roome where noe fire is made after Christmas still it *which* must be thus put into *your* limbeck pot & to every pound of roses allow a pint of faire water & when *your* pot is full set on *your* limbeck & close it vp with past & make soe very aquicke fire vnder *your* pot as *your* Limbeck may run very fast let it run into a deepe silver bason or a great preserueing glasse & when it is all run cover vp *your* bason or glasse very close till the next morning & then take of the oyle *which* is to be kept in little glasses

#### To drie Apricocks

you must first stone them & pare them then lay them round with a thrird then put them into seething water letting them boyle till they be be very tender then lay them on a faire cloth & when you haue boyled *your* sirrup to a candy height vse them as *your* gooseberies

.. a excelent .....

a Man .sha.. ba.r of ....

**folio 5 verso || folio 6 recto**

#### To make quiddony of Raspberries gooseberies or Currans

Take *your* Gooseberies or Rasberies & put them into a stone pot or glasse soe put them into a pot of seething water when they are boyled tender then power away the Liquid substance streine them & to every pint o Liquor take halfe a pound of suger soe let it boyle tell it come to yts thicknesse that it will stand vpon the backe of a spoone then print it with the nayles

#### To make a greene past

Take pipines greene & cut them in small peeces vnpared & boyle them very tender in faire water then straine them as you doe tart meate then take as much suger as the pap doth way boyle it to a candy height then put in the pap of *your* pipins into *your* hot boyling suger soe let it boyle alwayes stirring it till you see it come from the bottome of the skillet, then fashion it vpon a plate & soe dry them

#### To dry goosberryes or any other fruite

Take *your* goosberries & put them in scalding water till they will peelee then you must haue another Skellet of seething water by you covered to put them in as you peelee them set them vpon kep ing them as hot as you can soe they doe not boyle then makke *your* candy in a dish vpon a chafendish of coales when *your* gooseberries haue stood 2 howers or better take them out & lay them vpon a faire cloth while you make *your* candy then take *your* ca<sup>d</sup>y of the fire & put in *your* goosberyes then set them to warme but let them not boyle then with a feather turne them & wet them all ouer in the sirrurp them set them in *your* Cupbarde aheating till you see them begin to candy then warme them vpon glasses & turne them as they dry & when they are dry box them vp

To make conserue of Elecompane

First take Elecompaine roots & scrape as you doe <sup>a</sup> parsnip cleane soe that there be not a black speck to be seene then clice them very thin into long clices & boyle them in a pretty quantitie of water till they begin to be tender then take out the pithe & boyle them againe in another small quantitie of water till they be very tender then stampe & straine them in apiece of bowlter then take the bulke with a little of the water & way thrice the weight of the best refined suger against the bulke & beat the suger small & mingle it with the bulke dry with out water let it boyle but once vp & so powre it out in to an earthen panne or silver dish beating it easily with a silver spoone for 2 howers then put it vp in gallipots for *your* vse

To preserue rasberyes

Take the fairest you can get & to every pound take a pound of suger whereof take halfe and dissolue it & when it boyles vp put in *your* berries & being in put in the rest of *your* suger over them & when you see *your* suger dissolued take them of & put them in an earthen dish till they be cold & then put them vp in stone potts or glasses take *your* berryes that be not ripe as you doe the red soe the white

To preserue Orenge and Leammons

Take *your* Orrenge & wet them <sup>in</sup> faire water & rub them very well with white salt then pare them lay them in water 2 or 3 dayes shifting them twice a day to every pound of Orrenge take a pound & halfe of suger & awine quart of water allmost & when the surrup is well clarrified put in *your* Orringes & let then let them boyle softly an hower & then take them of & put them with the sirrurp into an earthen or silver bason & let them stand 2 or 3 dayes then boyle them tender againe puting to every pound 3 spoonfulls of iuce then take vp *your* Orrenge *your* Orrenge must be boyled in 3 or 4 waters before you put them into *your* sirrurp that they may be tender & the bitterness taken away

To make Cherrye water

Take 9 pints of Clarret wine 9 pound of Cherries 9oz of Cinamon three nutmegs cut halfe a handfull of balme halfe a handfull of rosemary as much sweet Marioram stampe all these together & put them in to an earthen pot let it stand 3 dayes then stamping them all together put them into a still & keep very soft fire then take the water & streine it & put it into a glasse & put thereto fine seired suger & Muske tyed in a piece of lawne & let it remaine till you thinke it be strong enough

To make Conserue of Roses

Take a quarter of a pound of red Roses leaues a pint & halfe of <sup>faire</sup> water halfe

a pint of red Rose water when *your* leaues haue boyled soe long that they haue Consumed allmost all the liquer then put in a pound of suger a boyl it a little longer then ring in the iuice of a lemon & let it boyle on<sup>ce</sup> s̄p vp soe put it vp in potts for *your* vse

For one that Cannot make water proued by severall persons in Asly

Take the Topes of red netles the youngest *you* can get and the leaues of Fox Gloves youngest *you* Can gett likewise pick them & of an equall proportion put them between 2 till stone that are hott or on a fire slise or Kell not to dry but to heat & sweet then put the leaues ~~betwene~~ in a linning bag & soe apply it to the belly very hot

To stop any inward Bleeding

Take pouder of Corrall mixed with gum Arrabac and put it into planten water and drinke it Cold and this will stop the bleeding in any place

For any ache

Take some Crab vargis & boyle in it hot kow dung & mutten Suett to a powltis and soe apply it to the ach this is a proued

For drawing forth a thorne

Take the, yolke of an egg and one peniworth of venice turpentine ~~and~~ mixe these together and aply it to the place

For a defluction *which* I haue experience of E when the Doctors Could not Stop it third

Take 4 drams of Mastick 4 drams of Olibanum and 4 drams of Amber beat all these into powder and sift then add to this double the wait of white suger Candy to the rest finly sifted mix these ffall altogether and take every night as much as will. st stand on a shilling

**folio 6 verso || folio 7 recto**

To make A water for to Kill A pearle in the eye

Take Bean Leaues when they are Greene and Bruise them & wring out the Iuyce and Drope two Drops in the eye, and sleepe with the water in the eye Lids, *probatum*

### To Kill A Cancker in the mouth

Take Goose Greace, & anointe the Crown  
of the Heade, And vpon the outside of  
the Lip, which the Cancker eateth  
and in twelue Hours it will die *probatum est*  
These Recets I haue known efect  
these Cures; when Greater things  
haue fayled  
Gose Greese & bowl almanack mixt together & the  
throat well rubbed *with it* will Cure both man and  
beast of a Cancker in the mouth: or spread of a  
leather and tied fast to the throat & soe applied to  
Children or any that hath the Cancker

folio 7 verso || folio 8 recto

### To make Scottes Collops

Cutt *your* veale into thin peeces & beat them well & lard it thicke *with* bacon but  
before you lard them lett them be broyled a little & drope vpon them claret wine  
*with* anchouis desolued in it to & make *your* Sauce *with* Claret & a little butter  
a dozen anchouis well desouled the iuce of 2 orringes & a lemmon & shake these well  
in a pan or dish over the fire till they are thicke this you must doe while *your*  
Collops are a broyling put to *your* Causes Some graue of mutten or veale &  
soe put *your* Collops to *your* Sauces  
if *your* Collops be fried a little in the pan before you put them on the gredion to broyle  
it will be the better

### To dress A Shoulder of Mutton

when it is halfe rosted cutt it in little thin <sup>peeces</sup> Slices of the bone then put it in a frying  
pan *with* Clariet wine & quarter of a pound of butter *with* Some Sweete herbes Shred  
Small & Some onyons & a handfull of Capers Shred & as many brome buds & when  
it is allmost enough put in the yolkes of 9 egges & a quarter of a pound of butter  
& mixe it well in the pan & Shake it over the fire till it be thicke then wring  
in the iuce of 2 or 3 lemmons then broyle the Shoulder bone & lay it in *your* dish  
& soe power all this on it & throw Some whole Capors on it & garnish *your* dish  
*with* quartered orringes or lemmons if you can gett oysters Scald a pint in there  
one liquer & when *your* meat is halfe enough put them in & rub *your* dish *with*  
a cloue of Garlick

### To make a Sallett or Cold haseh of Cold Cappons

cutt the winges & brawnes of *your* Capons in very thin slices noe bigger then a 6 pence  
then haue a dish rubed very well *with* 4 cloues of Garlicke put in *your* meat *with* good  
store of the best oyle & a good handfull of Capors: the iuce of 3 lemons & some of  
the liquor from *the* Capors a duzen oliues pared from the stone & a spounfull of  
mustard a little elder or garlicke vin<sup>ne</sup>ger; make it not tow sharpe & salt to season it

to *your* tast & a few pickled oysters stirr all these well together & garnish *your* dish with Capors Lemmon & orringe pill I beleue you gett noe oliues nor oysters *which* will not make it the worse to be left forth some loue not mustard *which* may be left out

To s<sup>r</sup> hashe a caulfes head

Take *your* Caulfes head cleane it & wash it very well then put it a boyling with some peece of bacon tell it be almost enough then take the 2 vnder Iawes of *which* the meat with them then take the rest of the meat & cut it in peeces put it betweene 2 dishes a stuing with an onion a few Capors a few oysters 6 anchouis a little strong broth season it with season it with nutmeggs & salt put in some gravie of mutten butter and vinueger put some slices of bread in the dish bottom: broile broyle *your* tow vnder Iawes soe dish it vp then Slice *your* bacon about it & the tounge then perboylethe braines & cut them in peeces & wrap them vp in the yolkes of egges & flower & fry them & strow them on the toppe of *your* meat

To make veale Collopes

Take *your* fillet of veale & cutt of thin slices as broad as *your* hand at lest then chope them with the backe of *your* knife & beat them with a rouleing pin if *you* will haue a greate dish then *you* must haue i2 youlkes beatten very well then haue some sweet herbs chopped small: as time savory sweete margoram & what other herbes *you* like best put them into *your* egges put in a little nutmeg a little viniger of leamon, beate it well together  
..en *your* pan hott on the fire with good deale of butter & a little Claret wine if *you* like it

boyling, then dipp *your* callop in to *your* stufe one by one & soe put them into *your* pan & fry them all wayes shaking *your* pan & when *you* thinke they are enough power them out altogether liquor & all into *your* dish with sippitts vnder it

To Make A ffrigascye

Take three Chickings & pull of the Skines, & Cut them into litle peeces then put them into water with 2 or 3 oynions, & A bunch of parsly & what other Sweete hearbs *you* please, and when it hath Stewed a litle put in summe Salt & pepper & Mase, & A pint of whitewine, soe let them Stew till they be Enough then take Summe veriuse & nutmeg, & three or foure yolkes of Egges beat them well together, & when *you* take of the chickins, put them into a ffrriing pane all together, & tossit vp & downe two or three times in the pane then dish it & soe serue it vp. Soe *yow* may Make A ffrigase of Anything What *yow* please:/  
  
**folio 8 verso || folio 9 recto**

A Rare Eye Water

Take one ounce of Whitt Copper<sup>r</sup>as & <sup>ann</sup> ounce of Cominge Seeds

& ann ounce of Bolliarmonic, & put It into an Erthen pott or glas botl  
with <sup>^ one quart</sup> ~~three pints~~ of Spring Water: & Stire it with oft together  
or glas bottle then shake it 3 or 4 times a day } for the Space of three dayes, then poure of the Cleare & Reserue  
it for *your* vse: probatum Est: keep it close Stopped after it is  
cleared  
It Cures all maner of Reuemes Cold or hott

### Pill Alaphangine

Att night goeing to Bedd take one dram<sup>m</sup>, And ~~going~~ it will  
worke gently the next day, If you goe a broad take but  
halfe a dram<sup>m</sup> it clenseth both Stomacke and Braine of  
grosse & putrufied Humors ; Sett's the Sences ffree when they are  
thereby troubled, Itt clenseth the Braines offended by Ill glands;  
Winde & vertigo & head aches and Strengthens the braine Exceedingly  
helpes Conception and Strengthens the Stomacke:  
Take Yarrow and Still it, drincke halfe A pinte of the Water  
when it is Still'd Morneinge & Eveninge and a Sponfull of  
hony in each halfe pinte of water, It is an Excellent thinge to  
preserue the Lungs Cures any waste or consumption in the  
Body or any vlcer in the Lungs Itt Cleanseth alsoe the Reines  
and bladder and healles any Inward hurt or defect./

diet drink which Cures all Manner  
of dropsicall humors: & Causeth Appetite: &e:

Sir kellnelme Digbies & Cures all maner of ould vlcers./.

Take the tender topes of Sage & *the* tender topes of Rue <sup>^ of Each 1 handfull</sup> & chope *them* well  
together: then take 300<sup>d</sup> woodlice the heads being taken of, & brewese  
*the* them with the *Aforesaid* hearbs, in a mortar, then put them in A fine  
Linene bage, And put <sup>^ it</sup> ~~them~~ in to 4 gallons of New ale, & at 3 or 4 dayes  
ould drinke of it, or drawe it into botles for *your* vse/ You must put  
the bage in the Ale when yow Tune the Same/

To make China Ale:

To 4 gallons of Ale, Take one ounce of Coliander Seeds  
& 3 Nuttmeggs, and brewse them very well in A mortar, and  
boile them in A gallon of Ale, A greate while, And let it be eoul  
could, then take half a Sponefull of ginger beaten and 3: or 4  
Slices of china: & half a pound of the Curest Sugar, and put all  
these in A canvase bage into *your* barell to worke with *your* Ale,  
And Soe lett it Stand 4 dayes affter the ale hath done workinge  
Then botle it, putting in each bottle, A Lumpe of Shugar, for the Ale  
to worke on/

ffor the Stone:

A nuttmegge made vp in 3 pills of Turpentine to be taken fasting  
Maiden wort brewed in *your* hands & putt into *your* nostrills, will bring  
vp the ...es^ All manor of the sores or pallette of the mouth when it is fallen

ffor the Goute:

A plaister of Sheepe Skine Spread over with Rue Chopt:  
very Small mixed with live hony to be layd over the Sore place  
& more of the Same laid on the toppe of it for divers dayes  
together: /

**folio 9 verso || folio 10 recto**

A Glyster for the stone recomm inded to me  
by my *Cosin Thomas Powell*

Take a handfull of Marsh Mallows as much&nbsp;nbsp;  
Cammomel Flowers, boyle them in water to a Pint  
adde an ounce of Turpentine dissolvued *withthe* yolke  
of an Egge & two spoonfulls of Honey. /

Hyraprica water

Take one quart of white anniseed water in a strong  
glass bottle and put into it tow drams of Hyraprica  
and one dram of Cocheneale lett it stand nine dayes in  
the Chimny Corner Shake it 2 or 3 times every day  
whilst it is thus infusing, *when* Don straine it through  
a fine Cloath into an other bottle for *your* vse: Take  
of this 2 or 3 spoonfulls at a time when *you* please  
Some put half white wine *with* the anniseede  
water but that is as *you* like it

To make *Perfumes*:

Take of Benjamin an ounce, of storacke half an ounce &  
Steepe it two or three dayes in Rose water close tied vpp&nbsp;nbsp;  
then take three ounces of damaske Rosses, the whites being out  
& beat them fine in A Stone Morter, then take the Benjamin  
& put it to the Rosses & beate them together till they come to a past  
then mingle it with A graine of Muske, & one graine of Civett then  
beat it with half an ounce of the best Shugar serched, then  
make them in little Cakes, & lay Rosese leaues on both sides; then lay  
them on Bordes where noe Sune Cometh, as long as *you* thinke good/  
If *you* please *you* may add 2 or 3 droppes of oyle of Rhodium

& as much oyle of Cloves, or you may put what quantitie you thinke good of or else powder: /

ffor the Chraches of Horses :

Take of Greene Copperas one i<sup>d</sup> of Allom burned i<sup>d</sup> of Red lead halfe A penniworth pune that Small; Then take one quart of Spring water, boyle the water, & as it is boyleing put in the rest of the things, Let it haue one walme affter the things is is & be very carefull Else it will boyle over then kepe it for *your vse* / then take A rage of A cloth & tie it on the end of A sticke & with it wash the scabes 3 or 4 times a day Especially affter watering pick not the Scabes of but pat it very well with the Sticke & *the Cloath* of it, pune the Allome & Copperas very much /

To take away the swelling of any beast  
back of sides or any other place

take brook lime & fry it in hard tallow and  
put it vpon the swelled place it will bring it down  
with Gods blessing leaue & blessing

**folio 10 verso || folio 11 recto**

*Item* A note of what good I haue at the pool house made  
August the 28= 76=  
Item twelue Beads - and a Leaven bowlsters & ten pillowes  
Item seaventeene Blanckets  
Item three ruges & fine Counterpanes  
Item three Coverletts & tow ffris peeces  
Item thirteenth table and a dresser  
Item nine Chaires & 2 stooles in the Chambers  
Item nine turkey worked Chayers & nine stooles in the parlor  
Item seggen Chaires six & 4 turkey worked Cusens  
Item four turkey work table Cloaths & one worked with the needle  
Item foure greene Broad Cloaths: table Cloathes  
Item six beads furnished with all things as Curtaines and the like  
Item night blue Curtaines 5 stripte & 4 plain  
Item ten whole hogshets tow half hogshets and ~~seuen~~ tow quartre  
~~hogsh-ts~~ hogshets & six runlets  
Item tow great sipris Chests and three other Chests  
Item eight great trunckes and tow little ones  
Item fifteene boxes and one Cubburd of of tilles  
Item fore flat Cabinets & one little seller of glasses one torttishell Cabinet  
one velvite one of one gilded one & one green one  
Item tow saffes for meat to be kept in  
Item sixteen Picturs & one little one in the parlor  
Item in the hall a fatt ~~khi~~ kitchin & a lean & tow pices besides Maps & Coats, *which* are tow

folio 11 verso || folio 12 recto

Item A note of what linin I haue August the last 96

Item of Hurden sheets ~~A...~~ten<sup>twelue</sup> paire

Item of hempen sheets fore paire and one sheete

. Item of flaxen sheets ten paire & pillow beare of flaxen six paire & ~~one~~

. Item sea<sup>ven</sup> flaxen table Cloathes where of one is eight yards & a quarter

. Item ~~three~~ three<sup>three</sup> Hempen table Cloathes

. Item ~~six~~ eight<sup>eight</sup> Diaper table Cloathes

. Item three flaxen towels & nine Hempen

. Item fore Duzen of new Hempen Napkins

. Item 4<sup>fore</sup> Duzen of flaxen Napkins

. Item one duzen of flaxen & Hempen

all the mentioned Linnin are in Ales Custodie

. Item twelve silver spoones and six silver forkes

. Item four silver salts & a silver sarvar & a Glass sarvar

. Item tow silver Cups one a great one *with* a cover the other a little one

. Item tow pearl Cups 2 amber Candelsticks a suger<sup>& amber cups</sup> dish, & spoone of

. Item a Leaven flint Glasses and 4 other drinking Glasses

. Item a suger dish

. Item eight whitt & blue earthen basons & 2 great & flat blu & whit dishes

. Item tow sillibub Cubs one white & the other white & blue

. Item four earthen pickled plat's

. Item seaven glasse sillibub cups of the flint glass

. Item six pursland Cups for Custords & 6 other little Custord Cups

folio 12 verso || folio 13 recto

To make a pudding Cake

Take 2<sup>pd</sup> and a half of Flour Flower take 3<sup>pd</sup> of Corrants pi  
putt them in a Cloth & heat them before the fire & a pint of barne  
and ten eggs beat the ba<sup>r</sup>me and the eggs together and let them  
be put into the flower for half an houre and one pint of milke  
blood warm and halfe a pound of suger & and knead it<sup>very</sup> well  
together and one pound of fresh butter and rub it in the flower  
first then when you haue then when you haue mingled it well  
together let it heaue a quarter of an houre then put *your* Corrans  
in very hot & dry mingle them very well & a little spice and let  
heave half an hower have *your* hup well buttered and the paper  
then put it into the hoope vnder the whit and have *your* oven in a  
good in a good temper and put in the cake in the hoope  
Close vp the oven and if the oven be too hot it will burn  
the paper. *your* Cake must be in but 3 quarters of an hour

## Mis Drakes Cake

Take one pound of fresh butter & wash it well in rose water then worke it well in *your* hands till it be like cream then mixe on pound<sup>d</sup> of loaf suger *with* it & beat i0 eggs & mixe them *with* it then take on pound of fine wheat flower dried well and on pound of Corran mixe all *with your* hands together butter *your* petty pans & doe not fill them full: if you will put Carraway seeds doe not put fruit

## A receipt of the Lady Charltons Cake

Take 5 quarts & one pint of the purest and finest wheat flower and a pint or something more of sweet Creame and as much good Ale yeast good sweet butter 2 &  $\frac{1}{2}$  put the butter & the Cream together and make them warme then put them & the ~~eg~~ together yeast together into the flower *with* the yoalks of 22 eggs and 6 whites then put in halfe an ounce of Cloues and Mace & 4<sup>or</sup> of ~~rose wa~~ ~~ary~~ rosemary water wherein a grain of musk hath beene in fused 8 ounces of fine suger mingle all these together in the flower then take a little of the flower *which you* must save half a pint to strew over the dough and let it be, before the fire a quarter of an houre then put in 8 p<sup>ds</sup> of Currants let them be washed over night in warme water & well dried pickt then mould them into the dough and make vp the Cake then lay it vpon 2 sheets of paper well wet and *you* must let it bake an houre and a half in an oven let the oven be sweeping while *you* mingle the Cake

folio 13 verso || folio 54 verso

back outside cover

spine

head

fore-edge

tail