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Pray
Margaret Wentworth

The way to use Torras for water Works

To one peck of Torras two pecks of fine Lime & so proportionably. putt into this pure Smithyl-Naylors scales one pint. lineseed oyl (boyl'd and skimmd) one quarter of A pint mingle these & beat them up very dry often sprincling water till you bring it to a Body. then lett it lye ten dayes but be sure to sprinckle water and beat it up every two dayes of those ten - then use it 6 inches broad in the wall or 4 Inches or 3. Inches at discretion. You may let the water come to the Wall the Third day

Charles Stoakes
1685

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1
Agues

For a Tertian Ague

Take *the* bignesse of a nutmeg in Allum, one nutmeg in powder, he a pint of white wine, take yt an houre before *the* fit, walk after as *long* as strength will permit, *then* lie downe & sweat. at *the* same time lay *together* wreste *the* leaves of wallflowers stampd.&

For A Tertian Ague

Take a handfull of Dandelion clean washt stamp & put it in a pint or more of Beere, & let it stand all night in *the Beer*. in *the morn* strain it, & put half a spoonfull of Treacle into it, make it luke *warm* & let *the patient* drink of it fasting upon *the well day*, & walk as long strength will permit after it. yt has bin proved

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Agues

For a tertian Aque Infallible

Mix 2 dramms of Mithridate, and powder of Hartshorne together, & make *them* into 3 pills of the bignesse of a hasle nut, & take *them* all an houre before the fit; then goe to bed & drinke after it a good draught of Marigold Posset drinke, & sweat. this usually cures at the first taking, but if the disease be not quite gone, repeate *the same quantity* & order 3 or 4 times till it be cured.

For any Ague Excellent

take the yolks of 2 new laid Eggs break *them* together & put to *them* half a pint of white wine vinegar stirr & mix *them* well together *then* put to it a whole nutmeg grated & give it, in bed, at the approach of the fit. it will cause vomiting and sweat. Aproved.

A Good Medecine

Take of the best Aquavita, Rosewater, & white wine vinegar, of each equall parts, and all a Pint drinke this, being well mixt together, an houre before the fit. Aproved.

A good Vomit at *the beginning*

Take Tobacco & infuse it in the Ale Posset drinke till it be strong & drinke it warme before the fit or in the fit. or take a spoonfull of powder of Mustard seed, infuse it in half a pint of beer & drink it.

Mr Lillys Plaister. outward

Take Bay salt, Currans, & Hops, of each a alike, beate *them* together to a paste, & bind it to the wrests&

Another outward

Beat Currans & powder of glasse to a mess & apply it to *the wrests*
Or spread venice turpentine upon leather *then* strew on powder of frankincense & some nutmeg scraped & soe apply it to *the wrests*

A Bag to repell outward

Take an ounce of vitrioll Calein'd put to it as much Bole Armoniack as will serve only to discolour it, *then* put it into a sarsnet bag & hang it against *the* open of *the* brest called *the* heart spone before *the* fit come and keep it there.
Aproued

An application for *the* finger outward

Take garlick, saffron, strong water olibanum of each equall parts beaten & mixt & made into a poltesse & bound to *the* uppermost Ioint of *the* ring finger of *the* left hand as neare *the* hand as may be; this to be done an houre before *the* fit.

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Agues

For an Ague

Take 2 spoonfulls of faire water, 1 of vinegar, & a little Mithridate, mingle *them* together & drinke it in *the* morning before you rise, luke warme, doe soe for 4 or 5 dayes together, & it will cure you.

For an Ague outward

Take plantain Mint wormwood of each 2 handfulls, stampe *them* & take *the* Iuice of *them*; put to it so much vinegar, stirre it upon coles till it be hot, *then* dip a tost of white bred in it, & lay it to *the* mouth of *the* stomach;

For an Ague Take

Take as much diascordium as a nutmeg
drink after it a draught of hot posset drink boyld with hartshorn & marigold In an houre, or more before *the* fit, In bed, coverd warm, & sweat. S: Rock

For an Ague

Take *the* bigness of a whole nutmeg in allum, & a whole nutmeg scraped, put this into a draught of beere till *the* allum is disolved, walke let *them* drinke it an houre before *the* fit, & walke after it as long as ever they are able, then lie downe well covered to sweat.

For a very hot Ague D Disney

Take Clove gilliflowers Borage or Buglesse succory or Endive Sorrell violets Marigolds leaves with their flowers & of strawberries Parsly roots & fennell roots pickt & cleaned Balme rasins of *the* sun stoned of each of these a handful of scordium & liquorice sliced of each half a handfull 3 spoonfulls of french or husked Barly & the 4 greater Colde seeds of each a Dram or else *the* seeds of Pompions, Cucumers of each 2 drams. Boyle all these in 3 quarts of water till almost half be wasted. *then* when tis neare boyled put to it 6 spoonfull of white wine vinegar & a very little suger *then* after a boyle more, straine it out & put it into an

a deep pot close covered for *your* use.

let *the* sick person drinke of this about half a

Poringer full 4 or 5 times a day & night when their stomach is empty & eat no meat for 2 or 3 houres after & if *the* weather or Disease be very hot *then* put into *the* Decoction *the* lesse of scordium Balme & Marigolds & leave out Parsly roots because they are somewhat hot.

To cause Sleep, you may

boyle Lettuce among *the* other herbs & store of Violets & little or no vinegar And bind Lettuce with a little scraped Nutmeg to *the* Temple.

but if they *the* too much, then leave out all violets

& Lettuce, & use more vinegar. if they have a great Loosenesse boyle some plantain & Red rose the leaves & Purslane amongst *the* other things & give at bed time a scruple or half a Dram of Diascordium mixt with half an ounce of old Conserve of Roses, & a scruple of burnt Harts horns with a little syrope of quinces. this will not serve, put to *the* rest half a Dram of *the* best Bole arminick & give this quantity at twice, in *the* morning fasting, & at night last.

But Take heed

of staying a loosenesse till 2 or 3 days be past, except it [^]be very Violent, be *the* party very weake, because a Loosenesse many times carries away much sicknesse & distemper. But if they be very much Bound up suppositorys made of hony & salt, & if you would have them stronger roule *them* in a little powder of Aloes, or Cinamon, ^{or} Hiera Piera. or give *them* 3 or 4 spoonfulls

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Agues

of syrope of Roses solutive in a little drought of *the* Decoction or of Posset drinke with 2 or 3 spoonfull of syrope of violets or else ~~half~~^{an} an ounce of Manna in some Broth or else halfe an ounce of Cathdicon in Posset drinke, or Aloue. Or else if *the* patient is strong & not sick boyle a handfull of Elder barke (of *the* middle Barke) *with*the other herbs in *the* decoction.

A Medicine for any Ague outward

Take groundsell one handfull (*the* buds being cropt off, *with*the roots,) shred it not very small, *then* make a bag of white paper as big as a hand, prick it full of holes with a great pin, & *then* put *the* herb into it, *then* sow it up into another fine bag of old linnen & lay it to *the* pit of *the* stomach, & let it lie there a month or longer.

Another of *the* same kind outward

Take *the* worm called Dipsacus (*which* breeds in *the* head of *the* Kex we call Tankard brush,

put it with a little of its spawne into a Goose quill, *then* stop it up close & hang it about *the* neck to *the* pitt of *the* stomach, & let it be there a Month.

For a burning Ague, or fever

Take 9 Bay leaves, 9 sage tops, 9 Plantaine leaves, & 9 Pepper cornes whole boyle *them* in a quart of Beer, or Ale, till almost half be consumed, & take a good draught of it when first *your* fit begins to come, & drink nothing else in *your* cold fit. but if *the* fit be long & feverish, *th.en* let the drink be only a quart of Milk boyld, & mingled with as much spring water cold. but remember to keep *the* body soluble by taking a glister or otherwise

A good vomit

Take 2 or 3 spoonfulls of *the* fine powder of stone Allum unburnt (according to *the* strength of *the* Body) dissolve it in half a pint of Ale, warme it at *the* fire, & drink it off; keeping it in *your* body an houre, if *you* can, by walking up & downe *the* roome, & then drink some Posset drink.

An outward Medicine Barlings

Take two grey house snails ioine *the* mouths of their shells together, & fill *that* cavity, as full as can be thrust, with minct Rue, *then* lye *them* up, in *that* posture, in a piece of sartnet & hang it against *the* throte, letting it remaine there ten dayes.

An Inward Medicine Cozin Wharton

Take a Spoonfull of powder of Carduus, dry, *then* drink a gill of Eldar water, & 2 spoonfulls of syrup of Eldar berries, mixt together, presently after: & when *that* is well settled upon *your* Stomach, drink about a pint of hot Ale, or as much as *you* can drink. All this must be taken an houre, at least, before *the* fit is expected, & *the* hot Ale must be taken in bed, because *you* are to sweat after it. if any anybody cannot take *the* powder dry, it may be mixt with a little of *the* Eldar water & syrup.

Another Moore

Take a pint of white wine, dissolve in it a peniworth of Common Treacle upon Embers, & when tis perfectly disolv'd & mixt *withthe* wine, it must be take 2 houres before *the* fit, in bed. & lie warme to sweat.

Another Horn

Take a great Onyon, & cut out *the* core, & into *that* cavity put a Nutmeg. so as *the* onion may cover it all over, tye it up close in a paper, & rost it in Ashes not over hot, till *the* nut=

meg is hot through, (*which* when it is it will be soft) *then* take it out, & when tis cold grate it all, & drink *that* powder in a draught of hot Ale, when *the* fit begins. & *the* preparation must be made 2 or 3 houres before it be used.

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~~black Afterfares~~

For the Scurvie Flushings Mr Rosine

Take of Scurvy grase 4 handfulls of french Sorrell 2 handfulls two Orringes rindes and all 60 Rosius Solis stoned & stamp all these together in a Stone Mortar then add to them one quart of Rhenish or white Wine let them stand close covered 3 howers then Straine them verry strongly and put the Iuice into a Glass bottle set it in a cool place and every morning together take 8 spoonfulls in as much of small beer and fast 3 howers after it and walke if the season permit.

For the Small Pox

Let thare drink to Posset drink with hearts Horn and maryGold flowers boyld in it and their food so water gruell and every night and morning 3 spoonfull of the best sack give them warm lay or piece of Scarlet to the Stomach to draw the fumes from the head.

A good Salve for almost any sore

Take 2 quarts of Ale and boyle it on a slow fire till it be thick and then put into it the bigness of a wallnut of hogs grass and rather more, of Rosin half the bigness of a walnut of venis Turpentine 4 penⁿeth and as much honey as of hogs greas and the bigness of a wallnut in beewax and rather less then boyle all these together fill it be a little thickish but take care it burn not to the pan so put it into a pott to use as you have need.

To raise the small pox & make them fill

Take old mite cheese scrape & give as much as will lye on a six pence in a spoonfull of sack&

another

Also Rasine stalks & filches bruised & boiled in posset drink & give them some when ever they are dry or will take it

Bleedings

To Staunch Bleeding

Take ffrogs spaune in *the* begining of March, on a faire cleare day, & dip in it in a peece of linnin cloth, & dry it in *the* shade; soe dip it & dry it 6 or 7 times; the blaker *the* cloth looks, *the* better 'tis. keep this for *the* use

all the yeare. If any bleed at *the* nose roule a peece of this linnen together & put it in *the* nostrill. if at any other place, lay a piece on the wound Aproved

Remedie for bleeding at *the* nose or veine, or Cut.

Mingle sanguis Draconis with sharpe vinegar made of Rhenish wine till it be as thick as pap, make it hot, & lay it on a linnen cloth, & bind it about *the* part, & *the* bloud will stanch presently. Aproved. or Take swines Dung as much as an egge, bind it fast on a linnen cloth; then take strong wine vinegar, heat it & put the cloth into it.

it being throughly warm hold it before *the* nose untill *the* bleeding staunch, but put it often into *the* vinegar. or dry young vine leaves into powder, & snuffe it up into *the* nose. or Put therof into *the* wound & it will staunch presently. Or vervain in powder will doe the like. And so will *the* powder or saffron. Or put into *the* nose *the* powder out of a Tinder boxe. Or powder of burnt shoe soles, & it will stanch presently. Or make a paste with red clay & wine vinegar like a Cake; lay it to the members, & it will stanch immediatly. Or set *your* feet in a kettle of warm water. Or tye a threed about *the* little finger on *that* side *which* *your* nose bleedeth. Or Take fine rags dipt in strong vinegar *then* roul *them* up in *the* form of a peg, put them into *the* nostrills. Or burn those rags, mix *them* with powder of bloud, & blow it up *the* nose.

Or mix those 2 powders with strong vinegar & white of an egge to paste, & make *them* up into rouples & put *them* into *the* nostrills. Or wind 2 or 3 straws about *the* ears (*which* is admirable)
Or, for all kind of bleedings, Take *the* Juice of Nettles & mingle it *with* the white of an egge, it stancheth as soon as laid to *the* place. Or Take *the* Roots of poppys that groweth in Corn, put it under *the* toungue, & it will stop *the* bleeding. Or Burn to powder *the* blood *that* falleth out of *the* nose, & with a quill blow it into *the* nose. Or Take a slyce or 2 of brown bread well tosted, *then* dip it in good white wine vinegar, then tost it again, & doe soe often till *the* tost be very hard; *then* breake it to peeces into vinegar, & heat sope & *the* white of an Egge together, & lay *them* to *the* pulse of *the* hand & *the* soles of *the* feet, put in a good deale of salt to *that* *which* you lay to *the* feet, but none to *the* pulse. Or take *the* wooll of a hare, *the* mosse of an ash tree, & powder of bole Armoniack, cut *the* wooll & mosse small, mix all together & wet it with faire water & put it into *the* nostrill *that* bleeds, or to *the* wound, & stirre it not in 24 heures.

A powder to stop blood Lady yarbrough

Take quick lime, Burne Allum, dragons blood, Bole Armenick, of each an ounce: Terra sigillata 3 quarters of an ounce,
all in fine powder
the leaves of Houseleek bruised & laid upon *your* Crowne or seam of *the* head, stops *the* bleeding of *the* nose.

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Bleeding

To staunch blood

Take 2 drams of Henbane seed, & *the* like neight of white Poppy seeds, beat *them* up with an ounce of Conserve of Red Rose into stiff Electuary & giue of it *the* quantity of a Nutmeg or walnut. this has snatcht many from the Iaws of Death & it stanches bleeding, though never so violent; at any part of *the* body.

For spitting or vomiting blood

Take 6 ounces of fresh Comfry roots, & 12 handfulls of Plantaine leaves, beat *them* together, & straine strongly, *then* with as much sugar as you thinke fit, make *them* into syrup.&

For spitting of blood.

if age permit, let *your* patient bloud in *the* Caphalica vaine, 3 or 4 ounces; drink milke & whay & Treacle; beware of labour or lifting & v____, but use to drink plantaine water, or Purslain water, or *the* herb it self, or *the* Iuice of St Iohns wort with Suger, Also Spodium; Troches of Carabes; red roses; Corall; Sanders; Sanguis-Draconis, Saffron, Coriander, Mastick, Storax, &c.

To Staunch inward bleeding

Take a good handfull of shepherds purse, half a handfull of yarrow, & as much if Comfrey roots. stamp & straine *them* & Take half a quarter of pint of *the* Iuice to a quarter of a pint of Ale, mix it & drink it, cold, for 3 more fasting fast after it an houre.

For a bloody Urine

Take powder of *the* heart of a stag & drink it with milke.

Burnings

For one *that* is burnt with Gun Powder

Take Fearn roots, pick off *the* rinde, & take of *the* slime one spoonfull, & 3 spoonfulls of Creame of a nights standing

mingle it together till it be so thick as it ropes, then anoynt *the* place with a feather, & within 3 days it will be well by gods

grace.

Or Take *the* inner barke of an Elme, & lay it in running water let it stand till it become

Jelly, & therewith anoynt *the* place *then* steep Ioy leaves in water with a little hony & lay them on *the* sore after it is

anoynted & so dresse it 3 times a day

For a Burn or Scald.

A raw Onion stampd & layed presently to a Burn or a scald takes away *the* blistering

Oyntment

Take *the* Mosse of an Ash Tree, boyle it in fresh Butter *that* has not been salted stirr it will *that* it burn not in *the* pan &

when it has boyled a pritty while straine it & keep it for *your* use

A good Medicine

Take Ale hoof one handfull, the yolk of an egg and some fair water, stamp *them* and straine it, & therewith wash the grieved place

till *the* fire be out.

Or boil some Ale hoof & sheeps suet together, with sheeps Dung, & plantain leaves, till they come to a salve, & apply it.

An oyntment Mrs Adams

Take hogs grease renderd up in Cakes mix it with an equall quantity of Ioad harb apples pared & Cored & beate it together

in a stone mortar to a pulpe. Another. Take the Hogs fat, or seaut made of it, melt it, but let it not boyle, put into

it *the* white of a new laid Eg or 2, well beaten, & stir it continually on Embers till it be like an oyntment; Keep it, for *the* use,

anoynting *the* sore twice a day with it. Another. Take Goose dung, & *the* midle bark of an Elder Tree, fry *them* in May

Butter, strain *them*, & therewith anoynt The burnt or scalded place.

A Medicine Suddenly

Take horse dung newly made, or as new as you can get, & straine it through a thin old cloth, & therewith anoynt *the* place 2 or 3

times a day & every time dip *your* cloth in *the* horse dung so strain it, & binde it to *the* sore all day & night. it will ease you

An excellent Med'cine

Take *the* skin of a raw Eg, & lay it over *the* place grieved. & let it lie on till *the* fire is out or Anoint *the* place (having a care of breaking *the* skin) with sallet oyle & *then* spread a piece of Tiffany upon it & bind it up & never take *the* Tiffany off till it be quite heald but everyday take off *the* binding & upon *the* Tiffany put oyle & bind it up again.

Another

Anoynt *the* place with melted Deare suet with a feather *then* take linnen cloth dip *them* in Dragon water & lay *them* upon the sore place & as they dry Wett *them* againe.&

another

take the mosse of an ash tree some ground iuey and some green goos dunge beat all these together with some swines greas or sheep suet then set them ouer a fier till it be uery well melted then strain it and keep it for your use

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Bitings of a Mad Dog

Take a quart of ale and a dram of treacle a handfull of Rue a of shavings or fylings of Tin. Boil these all together till half be consumed. take of this two spoonfulls in the morning and at night cold. it is excellent for Man or Beast.

A decoction for *the* same

Doctor Rousel

Take the Roots of Polipody, of Birthwort of each 2 drams; Sweetbrier Root An ounce. leaves of sharp pointed Docks half an ounce *saint* Johns wort germander scordium & Rue of each two pugills, cutt the Root in very small pieces shred the herbs & boil all in two quarts of spring water till it remains one lett it be strained and kept for the use aforesaid.

every night *your* Patient must take at going to bed aforesaid. every night *the* Patient must take at going to bed a glasse full of this drink with a dram of venice Treacle, (or lesse if he be hot.)

A Powder for *the* same

Doctor Rousel

Take *the* roots of Polipody of *the* Oak; *the* leaves of Plantain, Rue, vervain,

wormwood, Sage, Bettony, Small Centaury, Mint, Balm, *Saint Iohns wort*, & Mugwort of each equall parts: make all in fine powder: to be taken every morning, a dram, or a dram & half, in a glasse of Sack. 3 hours before meat or drink
Take every morning in a Glass of Sack -

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Bruises

For an old Bruise

Take one spoonfull of Iuice of Pansy, & as much Nep, 2 penyworth of spermaceti put it in a little Ale & drink it.

A present Remedy for a Bruise

Take a good handfull of Balme, boyle it in milke, then turne *the* milke with sack to a posset (if you have no Sack, then any other wine, Ale or vinegar will doe) then let *the* patient drink *the* drink, & lay *the* Curd hot to *the* bruised place. it will take away all *the* blacknesse & paine.

For A Bruise in a brest *that* is hard swelld

Take woodlice, & dry *them* between papers before *the* fire & make *them* into fine powder whereof take as much as will lie on a 3 pence in a spoonfull of grout Ale: doe *this* first & last for 3 weeks together, & after you may take it only twice a weeke till you find *the* Brest well. But you must be sure to keep a white Cotton (fryd in goose grease) to it constantly, (ⁿyou leave taking of *the* Powder) till you find *the* breast cured. This has cured brests *that* should have been cut off.

for a Bruise

Take brooklime Chickweed Mallows smallage Groundsel of each one handfull stamp *them* with a little sheeps tallow swines grease & Copin put thereto wine dregs & a little wheat bran stir *them* well together over *the* fire till they be hot, so apply it to *the* place grieved

for a knock or bruise

Take a piece of brown paper & wett it in beer & lay it where *the* knock is & as it beginneth to dry lay on fresh a good while together&

To take away *the* black & blew Marks

Take Aloes succotrina & dissolve it in warm water, & *withthat* anynt *the* blew marks.

For a bruise or stunn in a Ioint

Take strong Brandy, make it hot upon a chafing dish of coles, & rub *the* part grievd with it very well before a fire

or let there be som deers suet melted in *the* Brandy labour *the* bignes of a walnut to a quarter of a pint.

Or a Sack & salt mixt together & warnd hot upon *the* fire is very good to annoint such parts as are bruised or put out of Ioint

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Collick

Doctor Berry's Emulsion for *the* Collick

Take of *the* seeds of Mellons Cowcumpers Lettuce & White Poppys of each 2 grains : of Liquoris 2 grains: of Cinamon

one graine: bruse *this* & boyle *them* in 3 pintes of faire water to *the* waste of a 3^d part; *then* strane *the* liquor, & let it

settle: then Take Iordan Almonds 2 ounces, 6 roasted pippins, & a quarter of a pound of loaf sugar.

blanch & beat *the* Almonds with 2 or 3 spoonfulls of Rosewater, *then* straine *them* *withthe* liquor, & make lambs wooll.

For *the* Collick or griping of *the* guts

Take Milke & boyle it with onyons turne it with white wine into a Posset & drink it as hot as you can suffer it *the*

stronger tis of Onyons *the* better, but if *the* paine be not very violent it may be made with Beer instead of white wine

For *the* Collick

A live Tench, cut open & laid immediatly to *the* stomack, is excellent; or for *the* Spleen. They must be changed, one fresh

after *the* other, Till *the* cure is perfected. you may know when it does good, by *the* Tenches being turned as yallow as saffron when

tis taken off.

For *the* Collick

Take a sheeps Call hot out of its belly, & apply it. is excellent Or Take Cammomile Rue Sage & wormsood of each one handfull wheaten bran half a handfull out *the* herbs small & boil all in good vinegar till *the* vinegar be consumed *the* put it into a linnen bag & lay it to *the* pained place as hot as can be endured & when it is cold warm it again, & use it dayly till you be well. Or Take squall portions of honey & wine, put *them* on a fire & put thereto ground wheat meal & a pretty quantity of bruised Cummin-seeds seeds & as much sorrill, boil all together for a pretty while *then* put *them* into a linnen bag & apply it to *the* belly as a plaister. Or Take a turfe of green Grass, & lay it to *the* Navil, & let it lye till you find ease; *the* green side must be laid next to *the* belly. Or Take half a sheet of white paper anynt it all over with oyl olive, & strew thereon gross pepper, & so lay it to *the* belly from *the* navil downward.

for *the* collick

Take *the* quantity of half an Hazel nut kernel of Mithindate & so much black sope & mix *them* together & Take a broad Onion & cut of *the* top & make it somewhat hollow & put *the* black sope & mithridate in it & cover it with *the* piece you cut of wrap it in paper & roste it in embers untill it be very soft *then* put it between 2 linnen cloths warm & lay to *the* Navil & pin *the* clothes upon *the* back souse it till you find case

Take 3 penyworth of saffron beat it to powder with a little suger candy *then* put to it 2 or 3 spoonfulls of oyle of Almonds

for *the* Heart Collick, or paine in *the* stomach

Take a spoonfull of *the* Iuice of Rue in 4 spoonfulls of Mum in a morning fasting & fast an houre after it

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Colds or Coughs

An excellent Medcine for a Cough

Take one pound of Rasins of *the* sunne rube *them* well in a cleane cloth & stone *them* then beat *them* very small put to *them* 4 ounces of white sugar Candy a quarter of a pound of Liquoris one ounce of Annseeds 2 or 3 slice of Ginger these beaten & seare add to *them* 3 or 4 drops of oyle of Anniseeds & 20 grains of Ambergreece then beat *them*

well together
till they come to a stiff past *which* roule into Pills. & as often as yo u please take of *them* (swallow *them* down).

For *the* same, & stuffing.

take as much flower of brimstone as will lie on a 3 pence in rare Egg, & sup it off. Or mix syrup of lemmons, *syrup* of Eldarberrys, *syrup* of violets of each equall parts. Or boyle Beere with unset hissop, *then* straine it, & thicken it to a Cawdle with *the* yolke of an eg, *then* sweeten it & drinke it at bed time.

For a Cough or Cold

Take a pint of Issop water & a quarter of a pound of sugar-candy a spoonfull of Anniseed bruised & a small stick of liquoris sliced, & bruised; put *them* together & let *them* stand all night, boil it a quarter of an hour upon a fire: *then* strain & take of it, 2 or 3 spoonfulls, at a time, warm. you may take it at any time; best at night when you go to bed, or in *the* morning.

For a Cough

Take ~~the~~^{roots} Roots of Folefoot & dry *them* in an Oven, & powder *them*, *then* heat a Tile red hot & strew it thereupon, *then* set *the* bottom of a ~~tunnel~~^{Tunnell} upon it & let *the* patient receive *the* same morning & evening. Or drink sack & sallet oyle at Bedtime.
same morning & evening. Or drink sack & pallet oyle at Bedtime.

A Drink for a Cough or Cold

Take of Liquorish scraped & sliced, of Anniseeds rubbed & bruised, of Rasins of *the* sunn stoned, of figs sliced, of Hyssop tops, of each one little handfulls; & a great handfull of Coltsfoot; boil all these in a gallon of running water untill 2 or 3 parts be consumed, *then* strain it, & stir in it 3 or 4 good spoonfulls of honey. take this in *the* morning fasting, at 4 a clock in *the* afternoon, & when you go to bed; 4 spoonfulls at a time warm.

Another Drinke

Take Hysop water one pint; Muscadine, one quart 4 Races of Ginger, & as much Liqueurish sliced, a penniworth of Sugarcandy in Powder; put all into a Glass, & stop it close, & shake *them* well together, & let it intermix 24 hours, & drink thereof morning & evening.

Another

Take a pint of Malmsey or Muscadine, & boil it with 5 ounces of sugar Candy till it come to a syrup, and in *the* latter end of *the* boiling
put to it 5 spoonfulls of Horehound distilled water; & so suck it from a liquorish stick bruised at *the* end. use
this onely to go
bedward.

For a Cold Excellent

To halfe a quarter of a pound of sugar Candy Take half a pint of *the* best Brandy, & burne it as long as it will
flame; putting
all *the* while as it burns, ever & anon same white sugar Candy beaten fine by spoonfulls till half a quarter of a
pound
be put in, *then* take it off & put in 2 little spoonfulls of syrup of Clove gilliflowrs & take it hot in bed.
6 drops of spirit of sulphur, taken in a draught of small Ale, is excellent for *the* same distemper.

For an old Cough

Take *the* quantity of a nutmeg of Lucatellus Balsom, & 5 spoonfulls of ~~warm~~ sack after it ^{warme} Sack .
for 6 mornings.

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Colds & Coughs

Plantaine Butter for *the* same

Take a pound of unsalted Butter & 3 good handfulls of fresh Plantain shred boyle *them* together in a skillet
over a hot
fire till*then* straine it & repeat *the* order with fresh Plantain so often till *the* butter be sufficiently
strong into a pot & when it tis cold take a nutmeg of it at night going to bed.

Take Raisins of *the* sun, stone *them* & shred *them* small, *then* put *them* into a pint of milk boyling a
them take off *the* curd & drink *the* cleare drink.
fire stirring burne *them* take off *the* curd & drink *the* cleare drink
or burn Rosemary & receive *the*
or dry rosemary powder & mixe it with honey very thick. Or burn Rosemary & receive *the* smoke
thro a tunne thereto*the* mouth. or take Amber in a pipe at going to bed.

For a stopping cold by defluxion

Take half a pint of Damask rose water (or red rosewater) & as much faire wat
er, the yolks of 2 Eggs well beaten & strained, mix *them* well together with sugar to *your*
taste, *then* set *them* upon a soft fire to warm, & when tis something more *then* lukewarm
drink it off. Syrup of violets & oyle of Almonds of each equal parts, is
also very good for *the* same, being well mixt together & drunk, & if you will a

little Plantain water with it.

For a dangerous Cold

Take *the* bigness of a nutmeg of venice treacle, & a draught of Plague water after it, & sweat.&

A Iulep for *the* same

Take of Plantain, & vervain water of each equal parts, syrup of red Poppy to sweeten it, & salt Prunella a reasonable quantity. give *that* at going to bed

Syrup of ^ white Horehound

Take white Horehound pick it & wash it and dry it well before the fire in a pewter or Earthen dish in infuse it in spring water 24 hours pour the water on it scalding hott, but let *the* water first be boyled till halfe is consumed, clear it & to a pint of the infusion put a pound of *doble* refined sugar, & boyl it to A Syrup. A good handfull full is sufficient quantity to a pint of water.&

Another way

Take white Horehound well steept and washt & pickt and drain it, then stamp it in a stone Morter and strain it through a Canvas & put to every pound of Juice two pounds of the right fine East India Sugar then put it to into *the* pan & to every pint put 2 whites of eggs set it over *the* fire and when it just rises to Boyl take it off and pour it through a strainer or Ielly bagg to dropp there will be much blaek thick matter will make it goe slowly through

Back's Griefs

For *the* weaknesse & paine of *the* back:

Take the yolk of a new newlaid eg, mix it well with white sugar candy till it be like hony, *then* mingle with it as much of *the* powder of white sanders as will lie on a twopence; spread this upon a white toste, & eat it morning & Evening fasting 3 houres before & 3 houres after.

for *the* same

Take a pint of Muscadine, infuse in it 2 handfulls of Clary, & a handfull of of Comfry rootes (both shred) for 6 houres; *then* straine it. *that* done, beat a new newlaid eg very well, & put to it as much of *the* infusion as *the* measure of

a newlaid Eg very well, & put to it as much of *the* infusion as *your* measure of the Eg shell, with as much powder of Acorn Cups as will lie on a 6 3 pence. soe sweeten it with fine sugar & nutmeg, & drink it morning and evening, fasting 4 houres after. Take this a week together, once a month.

For *the* same

Take of Hartshorn filed, & ivory scraped, of each a quarter of a pound, boyle *them* in a pottle of running water (but put *your* water in by degrees as it boyles away, after *the* first quart) till it be a perfect Jelly, putting towards *the* latter end of *the* boyling, as much Unicorns horn scraped as will lie on a groat, into it) *then* straine it, sweeten it with rosewater & sugar, & take half a pint at a time betwixt meales, & morning & Evening. use it 3 dayes in a week.

To make a Syrup of Garlick excelent for A cold

Boyl about six heads of Garlick or more according to *your* discretion Open them into cloves and pill them put them into a quart of Spring water & boyl them till ~~th~~ one good boyl, then throw that water away, then put them into *the* same quantity of fresh hott water in which let the Garlick boyl gently untill it be very soft and that it have made *the* water very strong, then pour it out into A Basin, let it stand 2 or 3 hours to clear, then clear it off (it is to be supposed by that tyme *the* Garlick is boyld enough the water will be halfe consumed for it ought to be soe) to this pint of liquor put one pound of the best East India Sugar & boyl it to A Syrup take a spoonfull or 2 now and then and morning & Bedtime 3 spoonfulls at a time fasting & 2 hours after supper.
Woodlice & leavs of Rue Tund up in Ale & drunk is good for the sight

A Poultess for a sore breast swelld or inflamed

Take violett leavs and cut them small & boyl them in Milk or Spring Water with wheat bran or white bread crums, lay it to the breast as hott as the party can endure it.

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The Best Pease Pottage Mrs Cliffe

Steep the pease in warm water then boyle them verry well and strain the pulp from the hulls through a Curd sieve then have good sweet broth ready made of mutton and veal or any sort of fresh meat in summer we commonly make it of a lambs head and heart mix the broth and the pulp of the pease to:
=gather set them on the fire and when they boyle have ready of parseley Sorrill and Spinage of each one handfull which must be well strung & broken between your hands but not Cutt at all with with a knife put them into a sauspan pan with about a quarter of a pound of sweet Butter and 3 or 4 spoonfuls

of the broth so let them boyle gently together keeping it for the moste part stirring they make the harbs eat much softer and smoother then boyling them in the broth and so by degrees to keep the butter from swim=ing put your yerbs into the pottage also a piece more of butter and so much good thick Cream as will make them a fine yellow but not too white a few balls of forsed meat as big as nuttmeggs and a bunch of mint which you may take out when it tastes enough some french bread broke into lumps let them but have one boyle after the Butter herbs and Cream is in for if they boyle to long twill endanger their oyling in the spring we put some Iuce of spinage in the roome of Cream and so makes them green Salt to your taste this is exactly as we make them

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Gascoignes Powder

Take of Maiestorium of Pearl, and Coral, of each an ounce ; or else let *your* Pearl and Coral without being dissolved,) be ground in a little Mill for that purpose and then ground upon A Marble stone till they are as fine as smoke. to this put Eight ounces of the fine powder of the black tip of Crabs claws (taken in Iuly) when *the* Sun and Moon are both at once in Cancer)) seared through the finest and closest Cambrick, and after ground upon a Marble (till they are suteable to the Pearl and Coral) and lastly half an ounce of the best Orientall Besar in as fine powder as the rest ground upon the Marble. Mix all these very well to= together upon the Marble with the grinding Stone then make it up in Balls with Jelly of Vipers Skinn which must be made this. Take to A pottle of Water 13 skins boyl them gently til they will easily pull in pieces. there will first rise a black scumme which must be taken off, then a white one which must be lett alone and when the skins are so tender that they come in pieces take them off and strain them hard out, when little black grains begin to appear it must be straind no further then set it on the fire again and boyl it to A Stiff Jelly, or make the Jelly with half harts-horn and half Vipers skins. infuse a good deal of Saffron in the Jelly when tis straind and Book of leaf-Gold ground small upon *the* Marble with the powder.&

The Vertues

Ten grains of this powder taken in any good distilled Water is Excellent for Fevers and all sorts of poyson, the small pox, measles, Plague prevents consumptions & seldom fails if taken before the heat be utterly mortified with the desease. very good against all infection, cures all Agues but the quartain and in that it mitigates the fitts it helps all surfeits the falling sickenss and taken often has been found by experience good for the stone.&

An Excelent powder for A woman with Child has took harm by fall, fright or mischance.

Take of Pickrells iaws, Date stones, Bole Armoniack of each one ounce in fine

powder. of Sanguis Draconis halfe an ounce seared fine mix all these well together and keep them in a glass viol close stopd, and when yow use it give a french Crown, weight in Malmsey or Muscadibe and let the woman keep her very warm -tis present remedy & will not fail if taken in time to stay the Child and strengthen it.

Powder for the biting of A mad Dog.

Take the roots of Polypody of the Oak, leavs of plantain, Rew, Vervein, Sage Wormwood Betony, small Centaury, Mint, Balm, *Saint* Iohns Wort & Mugworch of Each equall parts. make all in fine powder, & keep it close. of this must be taken a dram or a dram and halfe, in a glass of Sack every morning, fasting three hours after it.

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A Powder for A Woman in Labour

Take of Saffron, Date stones, Grains of Paradise and white Amber of each one ounce. Cummin seeds *the* weight of all of these beat them severally in fine powder (the Saffron must not be dried but rated in a Mortar with a little white sugar-candy till tis brought into fine powder) and searce them fine through a Cambrick mix them all well together and with Jelly of Hartshorn make it into Balls and dry them in a warm room.

of this give as much as will lye on a Ninepence in a draught Alebury hot, in case of a ~~difficult~~ Travell, and that the Womans Throws have left her, (tis a most ~~infalible~~ help) and if the after-Birth be hard to come away, give a second draught of a like quantity of powder. And if afterpains trouble - through obstruction of - give a third draught with as much of *the* powder as will lye on a six pence.&

Another for the same.

Take Saffron, Mace, Cinamon of each a like quantity, the double quantity of any one of the former in white Amber, make all these in fine powder, and take as much of it as will lye on a Sixpence an hour before Delivery in a little white wine Cawdle mixt in a spoon and a draught of warm Cawdle after it. this will bring away a dead Child or After-Birth and is Excellent against faintings after delivery&

A Powder for the Stone

Take Haws and Hopps of each a good handfull Ash-Keys halfe a handfull 3 or 4 Acorns, the shells of three new-laid Eggs gromwell seeds parsley seeds of each halfe an ounce, Peach stones a good handfull. Camock roots halfe a handfull make all of this in fine powder & searce it, and add to that seared powder two ounces of white sugar-candy searced. Take six-penie-weight

of this powder in *the* morning fasting and drink not of an hour after&

A Powder for pain in the Sides

Take the Leavs of Holly that are prickly 2 handfulls, dried and beat them into fine powder, six Acorns (dried & powdered) and *the* like quantity of Date-stones dried and beaten, mix them well together and keep them close and when yow would use them take a spoonfull of *the* powder in halfe a pint of Wine, or Ale warm, with a little ginger. tis an Excellent thing.&

A Powder for the Green Sickness

Take a quarter of a pound of fine Sugar, Mace, Cloves and Nutmegs of each a quarter of an ounce, to these (being finely powdered and searcd) add two ounces of prepared Steel. Take a spoonfull of this powder in the morning, and walk three quarters of an hour after it, then take some Broth made with rasins and currans parsley roots and fennell roots and thickned with Oatmeal.

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Powder for the Sight

Take of the fine powder of Eye-bright Bright Eight ounces of *the* powder of sweet fennell seeds four ounces, of the powder of Bettany two ounces. Add to them four drams of the powder of Mace & Cinamon, and mix all well together. Take a spoonfull of this powder, in Ale, Beer or White-wine (which is best of all) a little draught.&

~~Another powder for the Green Sickness~~

A Powder for an inward Bruise

Take of Terra Sigillata, Sanguis Draconis, Manna, of each two Dramms Sperma-Caeti one Dram, Rhubarb halfe a dram beat all (but *the* Sperma Caeti) in fine powder and searse them, then mix them altogether and keep it close for your use. Take a dram of this powder in Muscadine & sweat after it.&

Powder of Spunge for the Kings Evill

Take a good quantity of spunge, dry it well, then steep it in vinigar & calcine it in a Crucible, then beat it to fine powder, and take it in wine often, this is good to dry up any moist humours, Salt of Moles is alsoe excellent being mixt with beer to the thickness of Mud and take *the* quantity of a Nutmeg.&

Powder for Canker in the Mouth or Nose

Take the Ashes of green leavs of holly as much as yow will, put to it half as much of the powder of Burnt Allom, mix well together and keep it close, and when you would use it, blow of it with a quill into the place grieved, it will help Man, child, or beast.&

Powder against Wind in the Stomach

Take Ginger, Cinamon Galanga of each two ounces: Annis, Caraway, fennell seeds of each one ounce; Long-pepper, Grains, Mace and Nutmegs of each half an ounce: setwall, halfe a dram, make all in powders, add to it one pound of fine Sugar, and keep it close in a Box, use this after your meat, or before as you like, at all times, it comforts *the* stomach exceedingly, expells wind, & helps digestion.&

Electuary for the Breast and Lungs

Boyl Clarified honey, and when tis well boyled, put to a pint and halfe of it, halfe a pound of Earth-worms (being first slitt, washt, dried in an oven, and finely powdered, with as much Elicampane roots (dried & powdered). Liverwort dried and powdered three ounces. let them boyl very much together, till it be near as thick as an Electuary, then put in an ounce of Ginger in powder, stir it well together, and Eat of it morning and evening first and last.&

Electuary for A Cough

Take a quarter of a pound of rasins of the Sun Stoned and two ounces of oyle of sweet= Almonds (new new drawn out of the cold press) beat the rasins Extream fine in A stone Mortar, then take them up into a pott, and put the oyl to them mix them well together eat of this on *the* point of a knife as oft as you will. Figgs scraped or grated and (in this same quantity) mixed with Oyl of almonds is admirable for a dry Cough.

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Electuary to Stop Rhume

Take two ounces of good Old conserve of red Roses, and two drams of Mithridate mix them well together, and keep it in a pott, when you use it take the quantity of a hasell Nutt a little before Bed-time, in case of great defluxion of Rhume, or pain in the Stomach it expells windiness in the stomach strengthens *the* memory & sight.

To Stanch Bleeding an Electuary.

Take two ounces of Henbane seed, the like of white poppy seeds beat them up well an ounce of conserve of red Roses into a stiff Electuary, and give of it *the* quantity of a nutmeg or wallnut, this stanches bleeding (tho never so violent) in any part of the Body.

Electuary to stay a loosness.

Take halfe an ounce of Old conserve of Roses, halfe a dram of Diascordium A scruple of burnt hartshorn mix it with a little syrup of Quinces, and take it at Bedtime. if this will not suffice, add halfe a dram of the best Bol Armenick to the rest, and give this quantity at twice, in the morning fasting & last at night.

Conserve of Roses boyld

Take Red rose buds clip of the white, and withered or bruised from them, and take to every pound, three pounds of Sugar then stamp the roses in A Morter by themselves very small, putting to them as they grow dry a little iuice of Lemons, or rosewater, and when they are small enough put the sugar to them and boyl them together till the sugar is melted and all well mingled then pott it.

Conserve of Wormwood

In May or Iune gather the greenest young Wormwood pick it finely from *the* Stalks beat it in a stone Morter very small then take three times *the* weight in Sugar beaten very fine & put in by little and little in *the* beating and beat it very fine. this is excelent for coldness of *the* stomach and to help digestion.

Tarr pills for A consumption

Take an ounce of the powder of Fox lungs prepared. of Elicampane ^{^ Root} root, liquorice, and Anniseeds, each as much, and half an ounce of flowre of Brimstone mix them all well together, and put to them as much Tarr (well washt in spring water and clean draind) as will make it into Paste fitt to roul, to *which* (if you will) may be added, an ounce of the Syrup of Liquorice, roul them into pellets fit to swallow, and give of them 3. or 4. at Bed-time.

Pills for A Child that hath a great Belly.

Take of conserve of red roses, the quantity of a Wall-nut grate Rhubarb & mix with it untill it be a stiff paste, then make it into little pills and give *the* Child every morning & night whilst it lasts 2. or 3 of them.

Pills for the Stone.

Take one ounce of Chio Turpentine washt in parsley water add to it 2 drams of white Amber in fine powder, one dram of Crabs eyes, halfe a dram of saffron, one dram of mother of pearl, as much double refined sugar as will make it into a Mass, which keep in a pott, when you use it make 3. 4. or 5. pills & roul them in liquorice powder take them at night going to Bedd for 3. 4. or 5. nights together, you cannot take them too often.

Decoction of Nitre to waste flegm.

Take halfe an ounce of Nitre, 3 ounces of sugar-Candy, two spoonfulls of Anniseeds and as much of liquorice sliced, tye all these in a cloath, & put it in 3. quarts of runing water, and boyl it to the wast of halfe, stand by & scum it continually yow may know when tis boyled enough when *the* scum has done rising. keep it in a sweet thing and drink it warm, tis admirable for stuffings from flegm.

Decoction for the Dropsy

Take red-dock roots scraped, and the pith taken out boyl them in clear posset drink untill it have taken well of them, and drink no other drink for 14 days together it has cured many.

Decoction for the Scurvy. Lady Dorchester

Take three pints of Milk boyl it, and when it boyls put in three pints of Ale, and lett it remain upon the fire till the Curd be hard, then take off the Curd clear, and putt in firr topps and Pine topps of each a small handfull; scurvy grass, sage, and sweet Marioram of each a handfull lett them boil together softly halfe an hour, after that pour it altogether into an Earthen pott, and let it stand till it be cold (having a cloath tyed close over it to keep in *the* steam. (but under the cloath a trencher or plate) then strain it and drink of it warm about halfe a pint when you please, and exercise

Decoction for the Stone Admirable

Take a pint of Ale and as much white-wine turn it with hot milk to a posset, and take the Curd off clear, then put in a handfull of Pellitory of the Wall twelve Bay-berries and one ounce of parsley-seed, let this boyl untill one quarter be consumed, then strain it and put in a spoonfull of sperma-Ceti the iuice of one good Lemon and a little Nutmeg scraped, and drink of this hott a good draught in the fitt or when you fear it, there is nothing better.

Decoction of Pippins for A Cold. Lady Dorchester

Take a quart of Milk, put a good quantity of sliced Pippins parings and all into it,

and in case of want of sleep, add some Cowslipps, and boyl it till it turn to Curds then strain it from the Curds &c: and renew it with other slices of Pippins and let it boyl a great while, till it tast very strong of the Apples, if you think it too sharp sweeten it with sugar-candy, and drink of it as much and oft as you will.

Another for A Cold or Fever.

Take a handfull of Hartshorn, six pippins sliced and not pared and Forty prunes (still twice over) one gallon of spring water, boyl it till it come to A Pottle then strain it and keep it in a strong Iugge for *your* use.

An ordinary Iulep

Syrup of clove-Gilliflowers, of vinigar, & of Lemons of each a spoonfull Cordiall= water two spoonfulls giving it either in Barley water or distilled simple waters.

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A Iulep to loosen the Body

Take of Syrup of Dammask Roses and of violett of each one spoonfull, barley water (in which some prunes has been boyled) five spoonfulls, rose-water one spoonfull mix them, and drink it.

An Excelent Iulep for a Fever

Take to a pottle of water halfe an ounce of Hartshorn boyl it to the waste of a pint then Season it with Lemons and sugar putting in the whole pill of a Lemon in the Jelly bagg through which you pass it.

A Iulep for a Fluxe Lady Atholl

Take a pint of red rose water, one ounce of calcin'd Hartshorn sweeten it to *your* taste with refined hard sugar, and set it upon the fire untill it is ready to Boyl then take it off and put in 3. or 4. dropps of spirit of cinamon stir it well together and drink of it as often as you please or are dry, & when tis done, if need be make more.

A Iulep for a Fever or Ague

Boyl two spoonfulls of french Barley and water together till the water is reddish then pour away that and put to the Barley one quart of spring water with two pippins sliced, a few Almonds blancht and sliced, a little Hartshorn and Candied Oringe root, boyl these leisurly till a third part be consumed -

then strain it, and if you will, sweeten it with Syrup of clove gilliflowers.

An Oatmeal Pudding

Take great oatmeal pick it clean tye it in a course cloath & lett it boyl in the Beef Pot untill it be soft, then take a quart or less of cream boyl with mace, & when tis cold slice the crum of a manchet into it, then put it to the Oatmeal with the yolks of four Eggs two whites, sugar, Salt, Nutmeg and rosewater to your tast then butter your dish and set it in the oven.

Puddings of Wine

Take two white loaves slice them very thinn into halfe a pint of white Wine first scalded put to this as much sugar as yow think fitt Eight Eggs beaten with rosewater some mace finely beaten some sliced Dates some Marrow cut in little bitts (first dipt in white of egg to keep it from wasting)) stir or beat all well together, then fry them in little puddings of the thickness of a Figg and the breadth of a hand with sweet butter and rose-water.

Calves foot Pudding

Excelent

Boyl two Calves feet very tender cut of the meat and Shred it while it is hott so much that when tis minced it may not be discerned what it is; then slice the crums of A manchet and scald it in a pint of Cream take the yolks of five eggs but two whites well beat halfe a pound of plump currans season it with Cinamon Nutmeg sugar salt and rosewater and musk if yow will then take a call of veal fold it double and sow it up leaving a place to put the pudding in & as yow fill it put in good store of Marrow in big pieces make it up and then tye it up in a Napkin letting it boyl two hours then turn it out of the napkin and stick it all over with blancht Almonds cutt in long small pieces, make sauce of Sack, butter, and Sugar.

Rice Puddings, and Almond Puddings in Gutts

take a pound of Rice pick and wash it then boyl it in new milk till it is very tender then drain it from the milk and take as much fine grated and sifted Manchet as the pound of Rice mingle the rice and bread very well together then take the yolks of twelve Eggs & six whites, bruise them very well with a spoonfull of rose water and a quart of Cream, then strain the Cream & Eggs together and put in the Nutmegs a quarter of ounce of cinamon pounded very fine salt to your tast and a pound of Sugar then put in the mixt Rice and bread with a pound of Currans four pounds of beef suet shred small & the marrow of 4 bones cut small stir all well together then put in 4. grains of Amber, 3 of Musk (mixt & ground small) mix them well then fill your Gutts, (they being first well scowred & stopt for 6 hours in rose=water

then dried in a cloath) halfe an hour is enough to boyl them, the water must seeth before you putt them in, and be sure to tye them fast when you fill them.:

Almond Puddings are made the same way, only in stead of Rice put in Almonds finely beaten.

Black Puddings Excelent

Take a quart of sheeps blood, and a quart of Cream ten Eggs whites & yolks beaten well together, stir all the liquors very well then thicken it with grated bread and Oatmeal finely beaten of each a like quantity. Beef =suet finely shred, and Marrow in little Lumps Season it with A little nutmeg, cloves and mace mingled with salt, a little sweet Marioram Lemon. Thime & penieryall) , and when all is well mixt together fill your Gutts being well cleansed and boyl them carefully.

Bread Puddings Lady Hic in Gutts

Take a quart of Cream (boyl'd and cold again) a pint of sifted bread made of good Manchet 8. yolks of eggs 3. pounds of beef suet small shred some currans sugar salt rosewater and saffron to your tast so fill your Gutts and boyl them

Almond Puddings Gutts

Take halfe a pound of Almonds, a full quart of cream boyl'd and cold again six eggs whites and yolks two pounds of beef Suet and some Marrow sugar and salt to your tast 4. *grains* of Amber-greece, fill *the* Gutts and boyl them

Apricock Wine.

Take two pounds of Apricocks viz: parings and cast pieces to A Gallon and halfe of water and halfe a pound or more of sugar boyl altogether with scuming when tis cold pass it through a Ielly bagg and bottle it.

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Goosberry Wine Curran Wine

~~two~~^{two} quarts of ripe Goosberries Masht to a gallon of water (boyl'd halfe an hour with a pound of sugar and well scummed) then pound it in a deep pott stir and when it has taken the-strength & taste sufficiently & is theren cold bottle it, so red or white Currans

Cowslip Wine

Take six Gallons of water twelve pound of loaf sugar 4 whites of Eggs well beaten put them into *the* water and sugar cold lett them boyl three quarters of an hour and when they are cold add two or 3 spoonfulls of yeast and six ounces of syrur of Cittrons (or Lemons) heat up well your yeast & syrur put in a pech of cowslips pickt or as many as will give it a good taste soe lett them work three days adding two lemons with the skinns scored pritty deep, then the fourth day tun it up, and when it has done working put to it four-quarts of Rhenish Wine then stop the boyell for a fortnight and then draw it into bottles putting into every bottle a Lump of sugar.

Cowslip Wine that will keep two years

Take six Gallons of spring water and six pound of refined sugar boyl these three quarters of an hour & scum it well then take two Gallons of pickt cowslips bruise them a little in a stone Mortar and throw them with two sliced Lemons into the water, and one good spoonfull of Ale yest let all these infuse together two days then strain them and put to six Gallons of that liquor one quart of Rhenish Wine, then let it be a moneth in the cask then bottle it with a good piece of do: refined sugar in every bottle.

Raspberry Wine with water

Take three pounds of rasins of the Sun (when they be clean washt and stoned) and put them into two gallons of spring water (which is first to be boyld halfe an hour and the rasins put in as soon as tis taken off the fire, then put in six quarts of fresh Raspberries and two pound of loaf sugar put all into a deep stone pott stirr them very well then cover it close, lett it stand in a cool place and stirr it twice, a day (I suppose ~~three~~^{three} day) then pass it through a hair sieve and put the liquor into a deep ^close bottle with a pound of loaf sugar next lett it stand a day & a night to settle and then bottle it with a little sugar.

Eldarberry Wine

Take 20. pounds of Malligo rasins steep them 9 or 10. days in five Gallons of spring water, then drain off the liquor and Tunn it, putt to it three pints of the iuice of Eldarberries full ripe and set it in some warm place to work, let it stand two moneths before you bottle it, and one moneth in *the* bottles before yow drink it

Curran Wine white or Red

Gather the Currans when they are full ripe and at the sweetest strip them off the stalks and press them through a canvas bagg in a iuice press, to six quarts of that iuice put in a quart of the best white wine, sweeten it with beaten loaf sugar to your tast then put it into an Earthen pott with a Spigott near *the* bottom cover it very close, be sure to sett it in a cool dry place 10. days or more, then draw a little to see if it be clean, it will ripen according to the weather , if it be windy and wett it will be longer before it clear when tis clear draw it into bottles and at 3 moneth end tis fit to drink.
most of these Wines are bottled too soon & break the bottles therefore lett them be clear before yow bottle it.&

Black=berry or Bramble Wine

Take Blackberries full ripe put them into a stand pour upon them as much boyling spring water as will cover them, keep them close covered till the water be so cold that you can endure *yourwre* hand in it, then crush them very small with your hand, this done, cover the pot close, and when it has stood four days lett it run off through a strainer into another pot and to Eight quarts of liquor put three pounds of sugar, cover it close again and lett it stand ten days, then Bottle it.

Primrose Wine

Take six Gallons of Water put to it twelve pounds of good white Sugar and then boyl them about three quarters of an hour & scumme it well then take two gallons of primroses bruise them a little and throw them with two sliced Lemons into the Water (when the water is almost Cold)) and having first put in one good spoonfull of the yest, lett all these mix well together two days, then strain them and put to Six Gallons of that Liquor one quart of Rhenish Wine let it be a moneth in the Cask then bottle it with every bottle a good piece of loaf Sugar, it will keep two years.

Balm Wine

Take Nine Gallons of Water and Nine pounds of powder Sugar of *the* best boyl the water and sugar together gently two hours in a pan or Iron Pot then pour it into a tubb to cool untill it be of *the* temper of Wort when Barm is put to it, then have ready two pounds of the topps of Balin a little bruised in a Barrell with one penieworth of Barm, pour the liquor upon it & stirr all well together after which let in lye unstopt 24. hours stirring it twice or thrice a day, then stop it up close and let it stand a fortnight, and then bottle it with a lump of sugar in every bottle.

Raspberry Wine pure

Take to every Gallon of Rasps a pound and halfe of sugar beaten bruise the Rasps and sugar together let it stand 24. hours then let it run through a Jelly Bagg, then

let it stand 10. days in a close vessell, and then bottle it.

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Cherry Wine pure

Take good cherries and stone them and crush them in a Mortar put some loaf sugar to them and let them stand 2. or 3. days in a close stone pott then strain it hard put in as much sugar as is thought fitt, and when tis clear bottle it.

Cherry Wine

Take the right English cherries crush them between *your* fingers and pull the stalks from them let them stand all night in an Earthen vessell the next morning strain them, and to every Gallon of this liquor put a quarter of a pound of loaf sugar let it stand a moneth on a close vessell well stopt in a cool place then bottle it with a lump of sugar in every bottle.

Lemon- ade

To a Gallon of spring water the iuce of four good Lemons *the* pill of two a sprig or two of balm as much Borage two crusts of bread sugar to your taste and brew all together.

Oreng- ade

Take 6 oranges two Lemons the iuce of all and the pill of one of the Lemons put to this six ounces of fine sugar and five pints of water and brew all together.

Pippin- Ade

Take three Gallons of water to twenty Pippins pared and sliced, boyl them in a silver pan upon Charcoal till a pottle be wasted then pass it through a Ielly bagg twice, and when tis cold bottle it with Lemon & sugar to *your* taste having the whole pill of a lemon in your Ielly bagg and put a little piece of pill in every bottle.

Punch

Take the best Brandy fair water and iuce of Lemon or Orange to your taste mix together and sweeten it with sugar & nuttmeg & brew it.

Ramboose

Take one quart of Rhenish or White-Wine three Eggs whites and Yolks well beaten and strained through a Cotton cloath sugar to your tast brew them well together with Nuttmeg or Ginger, yow may alsoe add as much Ale or water as you please.

To preserve Apricocks

Take your Apricocks not too ripe pare and stone them, and to every pound of Apricocks take two pounds of double refind Sugar, boyl the Sugar to Candy height, then have in readynesse to put *your* Apricocks as much Jelly of Goosberries or white Pear- plumms as yow put overweight of Sugar soe

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Soe boyl them as fast as yow can till they look clear, they will be Enough presently. your Jelly is to be made thus. Take green Pippins or Gooseber=
=ries or white plums 20. pippins to three pints of water boyl it in Silver very quick until halfe is wasted then strain it, and take of it as much as you will use.

To Preserve white Pear- Plumms

Take the fairest before they be too ripe, pare and stone them if yow can & to a pound of them take three quarters of a pound of double refind Sugar and halfe a pint of iuice which is made thus. take a pound of pear- plumms pare, stone, and cutt them in quarters strowing sugar on them as you cutt them (that they may not change) to this quantity halfe a pound of sugar or less boyl it up as fast as you can till the Plumms be thoroughly stewed and have given their iuce then strain this and put it to your whole plumms. soe boyl all together a little boyling will serve to make it Jelly. soe glass them and stove them.

To preserve Grapes

Take and pick ripe white Grapes pill a little of the skin off them to pick out all the seeds (which must be done with a quill cut like a scoop) then lay them in double refind Sugar near weight for weight; boyl them quick halfe a dosen walmes soe take them off *the* fire scum them and put them up.

To Preserve Gooseberries

Take the fairest when they be come to their growth but very green take to

every pound of fruit three quarters of a pound of double refined Sugar and a pint of water to a pound of Sugar let the water and Sugar be made scalding hott upon the fire till it be a clear Syrup then put the Gooseberries in (ston'd or not which you will) and make them boyl as fast as may be till the Syrup will Jelly. they will look very green and well. soe die Aigret cherries.

Chees-cakes

Take halfe an Ale pint of sweet Cream very thick set it on *the* fire and when it boyls put in as much fine grated sifted bread as yow can make it wett till tis very stiff then tæg take two Gallons of new milk and one quart of Cream set it together with a little gold Runnet, not quite so hott as it comes from *the* Cow and when tis come break it softly and when it has stood a little while weigh it in a canvas strainer, and when tis dry weighed' break it very well with your hand against a Tray, then put in your bread and break it very well with the Curd and put in a Grated Nutmeg the Yolks of two Eggs halfe a pound of sugar finely beaten halfe a pound of Currans some Rose= Water & a little Salt stir it altogether, then putt it into your Coffins and when they are risen in *the* Oven and begin to look brown take them out having halfe a pound of the best fresh butter melted with A

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A little Sugar and rose-water ready to pour on them and then strew on some fine loaf sugar over the topps of them and sett them into *the* oven Again & when they are Iced draw them.

Almond puff knotts

Take 2 pounds of *Double* refined sugar beaten and searced two pounds of blanched Almonds beat *the* Almonds in a stone Mortar very fine then put in a quarter of a pint of orange flower water by degrees and 3 grains of Musk grind them together till *the* water is as white as milk then strain it out hard into a dish and lay Gumm =dragon to *your* discretion in that white water to stoop all night then strain it and adding your sugar the white of an Egg and 3 grams of Ambergreece with 2 dropps of oyl of Lemons beat it to a perfect paste then make them into knotts and bake them, they will be white as snow & light as puffs.

Taffity Tarts of Pippins or Apricocks

Take a pound of flowre, three quarters of a pound of butter rub then with *your* hands until the butter be dried up than wett it with a little cold milk or water till it come to a good lively paste, then roll it into thinn square sheets (as thinne as brown paper) then double the one side over the other, flowre a sheet of white paper all over, and lay one of the sheets of Paste on it, then take old pippins or Apricocks being pared and sliced in thinne round slices (*the* whole bigness of the fruit and lay them slice by slice in the one halfe of *the* sheet of paste leaving room round about to close them up (about a finger and a halfe

breadth) then pour on them a layer of loaf sugar, as thick as the slices, & so over again then close them down with *your* fingers round about the Edge, cutt them square and bake them as you doe Codling Tarts, if *yow* make pippin Tarts *yow* must adde to them some thinne slices of preservd Lemon or Orange or green Cittern and grated Lemon pill.&

For A Cold

Take *the* bigness of A Nutmeg of Venice Treacle with 2 or 3 spoonfulls of plague water & keep your bed next day after *your* sweat.

For the teeth very good

Burnt bread, Bole Armeniack and burnt Allom of each like quantity beaten and seared fine & mixt is excellent to rub the teeth, to preserve them, & and after it to wash *the* mouth with ones own water & then with fair water every morning.

A Friday Pye without flesh or fish

Wash green Beets pick out *the* middle string chopp them small with two or 3 good Apples season it with pepper and salt and ginger & a good handfull of rasines of the Sun put all into a Coffin of fine paste with a piece of sweet butter & so bake it, but before *yow* serve it cutt it up and squees in *the* iuce of Orange & sugar.

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To Break an Imposthume in *the* Body

Boyl 2. or 3 handfulls of Scabious in quart of white Wine till all *the* virtue of *the* scabious be drawn out, then drain *the* liquor from it and put to *the* liquor soe much sugar as will suffice to boyl it to A syrup, when tis boyld near the height of A Syrup put into it a nutmeg cutt in thin slices 2. or 3 whole sticks of Cinamon let it boyl a little with the spices in it, then take it off and put to it 6. spoonfulls of the best Aqua Vitae then put it up in a glass close stopt. Take hereof three mornings together spoonfulls at a time it will happily give a stool and carry away the Imposthume bagg and all.
To wear Cammomile in ones shoes in Excellent for the Headach.

The Best Smoak For the Eyes, Coughs and Rhumes

This following receipt Sir Francis Pridgeon gave my Lady Mallett who for seven years hath laid aside her spectacles which she was forced to use 30. years before being now Aged 83.

Take Lignum Aloes, Storax, Sassafras bark, Amber, of each a dram: of
cutt Betony halfe an ounce of Rosemary, or rather Rosemary Flowers one quarter
of an ounce: as much Tobacco as Rosemary, mix all; and take Pipe when
you goe to bed, or oftner as you please.&

For A Cough or sore throat

Take four ounces of rasins of *the* Sun Stoned beat them in a Morter till they are
a Conserve put them into a pott and put to it two ounces of *the* Oyl of sweet
Almonds new drawn cold press mix it and take *the* quantity of A Nuttmeg
when ever *the* cough troubles

Plantaine Butter for the same

Take a pound of Butter and three good handfulls of fresh Plantane shred
boyl them in a Skellet over a hott fire till *the* plantane be Crisp then strain
it and repeat this order with fresh Plantane so often till the Butter be
sufficiently strong of the Plantane then strain it into a hott and when tis cold
take *the* quantity of Nutmeg at night going to Bed

To make Syrup of Fumitory

Take a pint and halfe of *the* iuce set on the fire, and when it boils up fast strain it
and put the clear yellow liquor that comes through into the skellit again and with
it four spoonfulls of white-wine vinigar and let it boil a little then strain it that
it may be very clear then put it into a clean skellit again with a pound of loaf Sugar
and boil it to a thick Syrup and keep it for use take two spoonfulls in a morning in
a draught of white wine or Beer.

For a Cough or Cold

Boil Beer with unsett Hysop strain it and thicken it to A Cawdle with the Yolk
of an Egg sweeten it and drink ti at Bedtime, it is Excellent.

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For pain in the Stomach A Plaister

Malant

Venice treacle, saffron powdered, powder of Nutmegs, powder of Cloves, oyl of Mace
mixt all together to a past like salve then spread upon lether the bigness of ones
hand, and over it the powder of Nutmeg searct thick and over all a piece of
Sarsnet and applied to the pitt of *the* stomach. is excellent

Another

Treacle mixt with powder of roasted Nutmegs and made into Pills, and take three of them in a morning, & some white-wine wine Mulld with the powder of roasted Nutmegs drank after it, and *the* same Mulld wine taken (a little at a time) at any time of the day, as often as *yow* will.

The virtues of *Doctor* Thorotons Balsom - of Nottingham

It is most Excelent to be taken by women in Labour, and chiefly against after pains. alsoe for faintings, weakness, or Squeamishness of the Stomach, being taken in *the* morning, Excellent for a Bloody Flux, or A Consumption, alsoe for the stone, or pain in *the* Back, and to help digestion, or wind in the stomach, or Cold, for the spleen, and chollick. some solutive simples being added, it purgeth safely. Ialop, Rosin, Scammony. halfe a dram and 3. grains is the purging dose, but the other *the* quantity of a hassle Nutt, but you may take of it (i.e. *the* Balsom to *the* quantity of an ounce

Falling Sickness.

The fresh root of the single-Male-Pionie being hung about a childs neck and worn constantly preserveth him from the fitts. in an older persons if the desease be not too prevalent, steep the Roots in sack 24. hours & drink a good draught first and last many days together before & after the full Moon; and before hand use to drink posset drink made with Betony (The black seeds taken before Bed-time in a little sack is very good for Mellancholly dreams) the Male-Betony is best but scarce.

To stay a Flux

The inner Skin that covers the white Chesnutt is Extreamly Astringent; & the powder or decoction, presently stays a flux. the meal of chesnutts mixt with honey into an Electuary, is very good for a Cough and spitting of Blood.

Green Wounds

The water found in the Bladders on *the* leavs of Elms while fresh is very effectuall to cleanse the Skin and make it fair. The said water put into a glass (and sett in *the* ground or in Dung for 25 days) the mouth thereof being close stopt, and *the* bottom being sett upon a lay of ordinary salt, that the feces may settle & *the* water become very clear, is so singular & Soveraigne a balm for green wounds, that it is admirable to see how quickly they will be healed thereby being used with soft Tents.

Bald=
heads

The Roots of *the* Elm boyld in water a great while, and the fatt rising Skimmd off is a most excellent oyntment quickly to restore hair to Bald-heads.

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Bad Aires & infection: Mithridates King of Pontus .

Two dried wallnutts or hassle nutts two good figgs 20. leavs of Rew 2. or 3. corns of Salt beaten together is an Excellent Antidote eaten every morning fasting.

A powder for Worms or Grubs small or great in Men or children

Take of wormseed, fennigreek, Aloes Cicatrine, Coraline or Sea Moss *Saint* Johns Wort hartshorn horn prepared & burnt, of each 3 drams, make all into fine powder, add to it one dram and halfe of the flowre of brimstone, and three times the weight of all these in Loaf sugar finely beaten, mix all well, to a Man give one dram and a halfe in a little Muscadine or sweet wort, before the hopps be putt in, being infused overnight and drink warm in *the* morning & fast 2 hours. three mornings together at the full and change, to a child, a dram, or halfe a dram, in *the* pap of Apple or stewed prunes.

Spirit of Eldar Flowers.

Infuse so many Eldar Flowers in a Gallon of Sack so as it may but just cover them, close stopt for 2 days, then still it in Baineo or a cold Still well lated, then still it very cool and slow.

Spirit of Balm.

Take a gallon of *the* best Brandy, steep in it as much Balme (bruised) as it will cover, (in a large wide mouth'd glass close stopt)) for a week then still it in a Cold Still, Laying a good thick layer of fresh Balme (a little bruised) in *the* bottome of the Still, and as much on *the* top (the brandy infusion being in *the* middle) so being well lated still it cool till it has dropt all.

To Kill a Corn, rub it over with the milk of Spurge, nothing is better.

For A Cold.

Take halfe a pint of Brandy, two ounces of Sugar candy] burn it as long as it will flame, putting in all *the* while as it burns some white Sugar candy beaten fine by spoonfulls untill the aforesaid said two ounces be put in, then take it off and put in two spoonfulls of Syrup of Clove gilliflowers, & take it hott in Bed

To make Ink Mr Bower 's way

Take a quart of rain water (or vinigar which is better for colour) boil it and skimm it clear, and put to it (if you boil vinigar) one quart of hott boild rain water, four ounces of Galls bruised, let it stand three days often stirring it then put to it four ounces of green Copperice, let it stand 3 days more with frequent stirring it, then put in four ounces of White Gumm Arabick & often stir it, if it be sommer set it in *the* Sun to thicken, but always stop it close for the Air coming to it makes it hoar or mouldy; Galls make Ink Red, Copprice makes it blew, when it has stood some time, pour of the Ink gently from the suddes & grounds and keep it for use, and put a quart of Rain Water to those dreggs and grounds it will soon be tollerable good Ink with stirring

Hot Burn or scald Exelent good

Hoggs grease fryed and rendered up in Cakes, mixt with an Equall quantity of Iuicy hard Apples pared & cored & beaten in a stone Morter to A Pulp is excelent for burn or scald

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Syrup of Mulberries. August

Put the mulberries into a silver Flagon well stopt into a Kettle of boiling water when they are well stewed take the clear Iuice and to a pint of it put a pound of Sugar or 3 quarters. ~~then~~ put it to it one ^{quarter} of a pint of water, and boil it to a high Candy then put in the iuice and stirr it upon the fire one hour without boiling then putt it up in glasses.&

Syrup of Eldar-berries

Take Eldarberries when they be red, bruise them in a stone Mortor, strain the iuice, and boyl it to a consumption of almost halfe then skimme it very clean & take it off the fire, and while it is hott put in sugar to the thickness of a Syrup put it no more upon the fire, and when tis cold put it into glasses not filling them to *the* topp for it will work like Beer.

This Syrup is Excelent to cleanse *the* stomach, & spleen, and to take away obstructions of the Liver, good against *the* dropsy and scurvy, a spoonfull in *the* morning and fast and walk after it.&

Syrup of Turneps, for a Cold or Consumption.

First bake the Turneps in a Pott at the same time with household bread, then press out the liquor between two platters, put a pint of this liquor to halfe a pint of Hyssop water and as much brown sugar candy as will sweeten it and soe boyl it to a Syrup. and use it&

Cordiall Syrup to cleanse the blood open obstructions prevent consumption

Take Rosemary flowers, Bellony flowers, clove gilliflowers, Borage flowers Broom
=flowers, Cowslips, Red roses, Comfrey flowers, & flowers of Clarey Mellilot and
infuse all these in 6. quarts of Claret, make *the* wine scalding hott then put in
the flowers and berries cover the pott and paste it very close then sett it in
a Kettle of warm water to infuse 48. hours untill all the virtue of *the* ingredients
be come into *the* wine, then strain it out hard and put to every pint of *the* liquor
a pound and three quarters of Sugar, boyl & skimme it till you find *the* liquor
Syrup thick enough, cool it and put it into glasses.

Take of it two spoonfulls in *the* morning & 2. in *the* afternoon & fast after it.&

For the Scurvy

Take Scurvy-grass, Agrimonie, Brooklime, Water-Cresses, Liverwort, Hors-raddish
of each a handfull in Chochenell six pence, put them being shred into a Gallon and
a halfe of Ale, & drink a good draught in *the* morning fast & walk & afternoon
when this is done take of Iuice of lemons & oranges in white wine & drink
halfe a pint every morning for 10 days.&

Another Excellent for Scurvy

Take of Scurvy-grass two handfulls, of wormwood, Liverwort, Horse Raddish=
=leaves Eldar buds & also *the* dried flowers of Eldar, Red Sage, Rew of each a good
handfull, a small handfull of Salladine, & one ounce of horseradish roots
bruise

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Scurvy

Bruise all these together in a stone Morter and Tun them up in two Gallons
of Ale, at 4 days end begin to drink of it, take 8. spoonfulls of this drink and
four whitewine, adn 2. spoonfulls of iuce of orange, morning & afternoon.
it has cured many the far spent. always walk much in *the* morning.

For Scurvy in the Teeth.

Take Allom & boil it with a little whitewine Vinigar to a Candy & keep the
powder to rub the teeth frequently.

Plague Water

Take three pints of Malmsey, boil in it a handfull of Sage and a handfull of

Rhne untillone pint be wasted then strain it & sett it over the fire again & putt to it one penieworth of Long Pepper halfe an ounce of Ginger a quarter of an ounce of Nutmegs all beaten together, let it boyl a little then out in two dramms of Mithridate, two peniworth of Treacle a quarter if a pint of good Aquavita or hott Angelica water, take a spoonfull at a time warm morning and evening if you are deseased otherwise once a day is sufficient all *the* Plague time it is an admirable medicine if taken in time

For A Burn or Scald.

Annoint the place (having a care of breaking the skin) with sallad oyl, & then spread a piece of Tiffany upon it, and bind it up; never take the Tiffany off untill it be quite healed, but every day take off the binding, and upon *the* Tiffany put Oyle and bind it up again.

For Sore Eyes Ring-worms &c

Take one ounce of white vitriol two quarts of cleare runing water put it into a glass if in winter in a warm Room 10 days, if in sommer in *the* Sun 5. or 6. stir it with a stick twice a day to raise up the settleings before you use it the longer you keep it the Stronger it will be, it is more proper for hott griefs than Cold. it being dropt into a Rhumatick Eye morning and evening soon gives ease, and takes away Pearl Pins and webbs, & bloodshott, it cures ringworms by rubbing them therewith.

Eldar Brandy

A Tierce full of Eldarberry iuice stopt up and sett to work, and at the Moneth End stilled in a Limbeck makes admirable Brandy, Exceeding good to be taken a few spoonfulls in a morning with some white pepper Corne Good for *the* Stomach.

Wine Dead

Put a good handfull of Salt into a Tierce of Claret, it will restore it the Dead

For a Burn or Scald

A Raw Onion stamped and applyed presently takes away the blistering

Cutt Siniews

24. Earthworms, the heads cutt off. 4. whites of Eggs beaten together and applyed to cutt siniews is Excellent to unite them.

An Admirable pyntment for Rhume in the Eyes prepared for the Queen

Take Lapis Calaminaris heat it red hott and qunech it 12. times in good white wine then strain it and when tis cold take 3 ounces of Hoggs grease very new & steep it in red rose water six hours. then wash it in the aforesaid white wine for

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Eyes

For six or 7 hours together often emptying out *the* Wine and putting in fresh, then take of Tutty well prepared and finely powdered one ounce of the stone Hemathatis well pared and washed two scruples of Aloes, well water and dissolved in red fennell water and dried in *the* Sun & made into powder 12 grains of pearl in powder 5. grains, mix these in red fennell water make it into an oyntment & use it frequently.

An Excellent Dyet Drink for all wounds, ulcers, sore bruises or legg swelling sores, sore Breasts, sores by Kings Evill or otherwise.

Take of Southern-wood, worm wood, broad Plantane, Garden Angelico, honeysuckle =leavs, Avins, Wild Buglos, Mugwort, Hawthorn budds, Agrimony, wood bettony, Oak budds, Plantane leavs, Bramble leavs and Buds, Dandilyon, Wild Angelico Red mint, sinque-foil, Pimpernell, Scabious, great white daysies, of all an equall proporcⁱon to the quantity of five handfulls in all. put to them 2 quarts of spring water and one quart of white-wine, infuse them till it come to three pints, then strain them, and set it on *the* fire again, putting in a pint of live=
=honey not letting it boil, but take off the scumme as it riseth, then bottle it up when its cold. For A man take six spoonfulls blood warm in a morning fasting, again at 3. a clock & at night, not near *the* time of Eating or drinking for a child 3. spoonfulls.

A present Remedy for a Bruise Bruise

Take the iuice of Balm, and make a posset of it put some vinegar to turn the Milk and lay the Curd too as hott as may be endured, it will take away the blackness and pain.

To make Syrup of Peach-Blossoms the best Physick in the World [^] Doctor . G.L.

Where *the* blossoms are the thickest upon the Tree pluck them (the Tree will bear the better for it) pick them clean, and presently put so much water to them as will almost cover them, let *the* vessell be silver Can or Earthen pott cover it, and either sett it in a Pott of boiling water, or upon Embers till it be scalding hott, but let it not boil, then take it off the fire, but set it so near that it may be something warm for the most part till the next day, then strain out the Blossoms clean, and repeat this twice more. afterwards measure your liquor, and to every

pint put two pounds of double refined Sugar well beaten, set it either in hott water or Embers untill the sugar be thoroughly melted stirring it often. when tis cold bottle it up, put no Cork in ye bottle only tye a paper prickt with holes
Lady HickThe virtues

Elderbery wine with Rasins

Take 40^{li} of Raisons part maligo & part raisins of the sun steep them in ten gallons of boiled water (put to them hott) 9 or 10 days, then draw off the Liquor from the raisons & Tunn it up in a vessel & put to it 3 quarts of the iuice of Elderberys full ripe, Let it stand to work & about 2 months after bottle it

Doctor Rousell Sore throat

Take of veriuiice one ~~pin~~ pint, of spring water 3 pints, of Syrup of Mulberries three ounces, of Sal prunella one ounce; oyl of vitriol, so many drops as will make it tast gratefully, Gargle often with some of it warm. alsoe touch the Lump once a day with a drop of the oyl of vitrioll on the end of a Feather, The lump is the Pandalus Uvulla &c.

A Plaister Excellent to kill worms or Grubbs in Children Mrs Blake

Take two penieworth of Mithridate, one halfe-penieworth of Aloes, beat the Aloes very well in a Mortar, and then mix them well with the mithridate and spread them upon a plaster of Sheeps leather about four inches broad or long; then take two penieworth of Saffron put it into small pieces with *your* fingers and spread it upon the plaister & lay it upon *the* Childs Stomach, (the hollow place) and let it lye on as long as it will stick too. *probatum*

For the Itch sister Fentham

Take fresh butter and Dock-roots, wash *the* Roots very clean, and Dock-roots, wash bruise them well, then boyl them very well in the butter, then strain them, & when it is well strained mix a good quantity of flowre of Brimstone amongst it to make it a pritty thick oyntment annoint *the* Ioynts especially & other places mourning and night, and let the patient drink a quantity of brimstone in new milk three mournings, when yow begin to use the oyntment.

To kill Botts or Worms in man woman or Child Mr Ratcliff

Take of Mercurius Dulcis 24 grains. of Salt of wormwood 30. grains mix them in fine powder, divide this into three equal parts, and take those parts three mornings in a little posset drink, if it work (as some

times it will) drink a little more posset drink.

For the Itch.

Make a posset of one penieworth of Ale take of the Curd, then put in one penieworth of live honey, of Allom as much as a large Crab of sage, wormwood, & brier leaves of each one handfull boyl these in the drink one hour when it is cold strain it through a linnen cloth, & bath the places with a rag if they be raw leave the rag on. if this cure not the first time venture the second &c

Eyes

The iuice or distilld water of Eye bright taken in White-wine wine or broth or dropped into the eyes divers dayes together helpeth Dimness. some make conserve of the flowers to the same effect. Tun'd up with strong beer *that* it may work or the powder of the hearb mixed with sugar & fennell =seeds & drunken with broth, or the powder made into an Electuary drunken with broth, or the powder made into an with sugar & taken hath the same effect to restore the sight decayed through age. *probatum*

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To Kill wormes in Children

Take of wormseed, bay berries and Iuniper berries of each a like quantity. only bruise the wormseed beat and serce the other two and mix all together and give as much as will lye on a halfe Crown to a child in a little honey or treacle 2 or 3 morn=
=ings *probatum*

To Kill lice in their heads presently

beat a little of the seeds of large Wild Angelicoe (that grows in meadows or by water sides) and sprinkle it in their heads & the seed is fit to be gathered about Lammas. The smell of the plant & leaves are like angelicoe the stalk milinging towards a pale peach colour *probatum*

To make Goosberry wine Green, in Iuly

Take goosberries and bruise them, then take one quart of boyling water to every quart of goosberries put them into an Earthen pott so let them stand twenty four

hours then strain them and put to every three quarts
of Juice one pound of powder Sugar then put it into
a rundlett to stand 10 or 12 dayes. then bottle it and put
into every bottle a little piece of Loaf Sugar.
probatum

For the falling Sickness Mrs Gill Carrhouse

take quick frogs Cut of the heads and feet and take out the intrails
then dry them before the fire or in an oven make them into powder
then adde the like quantitie of male Piony rootes in powder and a little
Cowslips in powder give as much at a time as will lye on a Shilling to
a man or a woman and upon a 3^d to a Child in 3 or 4 spoonfull of black
cherry water or small Lady Allens water or posset drink morning and
Evening especially neat near the Change and full.

The millipedes on the right hand page ar better when
taken alive I used to take 70. or 80. at a time alive in
a glass with a little wine or Ale & with good success
William Tell
[manicule]

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Eyes &c

A Receipt for the Eyes to make them see that a paire of Spectacles of a
100: years old cannot help, as it hath been approved by Mr Iohn Hodgson
Rector of Duneinton near Market Rason in Linconshire
Take of the Powders} of Eyebright: 8. ounces
ffennell seed: 4. ounces
Bettany: 2. ounces
Add to these powders of the powders of Mace and Cinomon 4 drams and
and to all as much of the best loafe Sugar finely searced as the weight.
of all the former Ingredients mix them well and every Morning or
three or four times in the weeke ^ take an ordnary spoonfull washed downe
with any Liquid Substance Ale Beere or white wine which is indeed *the*
Better take it in the morning and fast two or three houres

Another

Take of Eyebright stalks and seed a good quantity and half as much
sweet Fennell seed Dried in an oven beaten and finely searced take as much
as will lye upon a Shilling in white wine or small beer in amorning fasting
Constantly or oftener and better *probatum* Mrs Iervis

For A Rhume or a lash

Take the white of one egg the quantitie of a bean of Allom small beat them together then put in a little Honey and wheat floure and Lay it upon flax and apply it at bedtime two or three nights.

To take of a Philme

Roste an egg hard then cleave it in two take out the yolk fill up the white with two *par^{ts}* white Candy and one part of Allom small beat close the egg Quickly and strain it betwixt two trenchers strain it fine and Clean and drop into the Eye 3 times a day renew it every morning. and if you please purge the head 3 dayes with pill erotia, each day one dose.

Another

Take of lapis Calimnaris one dramme & white Candy two dramms beat and and finely searced and blowne into the eye eye morning and Evening

A dyet drink for dimme Eyes

take of species hiera simplex 2 dramms infused 9 dayes in one quart of white wine and shaken 3. or 4 times each day take 2 or 3 spoonfulls fasting by advice you may infuse 3. or 4 dramms or more.

For a Rhume

wash your Eyes in *your* own water when it is Cold *probatum* Mr Lilly .

Another for Rhume and Dimness. Millipedes, or Wood-lice

Take 30: at the least: (I took 80 at a time of woodlice those and the best that are found under the bark of an old oak. put them into a pott or Tumbler and put to them alive 2 or 3 spoonfulls of white wine or Ale then with a knives haft kill and bruise them small and presently strain them betwixt 2 trenchers and put half a pint or a quarter of a pint more of the same liquor to them and drink them fasting and at 4 in the afternoon

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That which recovered the Cocks eye being prickt on purpose and squeezed is the liquor dropt in (and kept warme and close 8 houres) which is found in the little blobs or bubbles that grow upon an Elme tree and gathered in may: or else it turnes to a worme.

Besides for sore eyes at the beginning the best is to bleed 10: or 12: ounces

by leeches applied to the Emrod vaine and blister in the neck and keep it runing 6 or 8 week or next an Issue in the neck or Arme or apply a plaster of burgandy pitch in the Hole of the neck as high as you can for the brain pan: and keep the hair verry short upon the Crowne and for-part of the head: and to wash the Eyes morning and Evening in womans milk: discolored in a spoon or saucer by dipping and squeezing into it some Saffron which you are to have tyed up in a little bag for *that* purpose.&

For Rhume in the Eyes

Apply Canthurdees to the legs to blister viz from ankle ^ to Ankle behind on both feet & keep it runing or open a month by applying a Cabbage leaf or some such thing to it. *Probatum* Mr Dixon Linconshire .&

For Dimness of Sight

Take xiiij of Deer Suett melt it in a Clean silver or pewter pottinger poure it into A Basin of clear spring water to Clarifie it doe this 4 or 5 times keep it for use and at night in bed annoint your Eyes on the outside and keep them shutt *Probatum* Mr Dixon .&

Another Mr Bedforde

Take of Henbane rootes a handfull washt scrap'd slic'd and beat verry small Baye Sa~~l~~ Salt halfe as much finely beaten Boll finely powdered one ounce incorporate this with a spoonfull of Honey to bring it to the Consistance of a plaister and apply it to the wrists 5 or 6 dayes renewing it twice a day on the inside of the wrists of the Armes.&

For sore Eyes Mrs Foliamb Iune 4th168 1679

Take a hot new laid egg; rost it in an apple Cradle verry hard; take the shell and the white shred both shell and white verry small together put them into half a pint of red Rosewater, and half a pint of white wine as much powder of lapis Calyminarisand and lapis tutice as will ly upon a Sixpence ^{stew} ~~stw~~ step all these alltogether about half an hour then strain them through a piece of lawn and wash your eyes often and let some go in. this is proved good.&

To take away wrinkles in the face

Take 3 ounce of the oyle of bitter almonds 2 ounce of white lilly roots well stamped 3 ounces of clarified honey o^{unce} ^ & half of white wax first melt the wax then put the other ingredients to it & make of it an oyntment & with this annoint the face when you goe to bed & wash it off in the morning

water that brawn hath been boiled in is the best to wash with

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For the Palsie Mrs Hobson

Take of the spirit of castor 6 pennyworth and twice as much in quantity of the oyle of Lavander then pull of the hair of the partys head the Compass of a Crown piece a hand breadth above the forehead then take of the aforesaid spirit and oyle being mixed together in a Glass bottle and allso well shaken together a spoonfull at a time and anynt that place upon the head where the hair is Cul of with it the oyle and spirit being warmed first upon som Coals then lay a paper or something else of that kind to keep the place warm then take of the spirit of amber 6 penniworth and with it anynt the insides of the wrists of the armes and the nape of the neck behind turning the bottle up and put your finger in the mouth of it four or five times every time Cho= seing in so much as sticks upon your fingers and repeat this morning and Evening then take a thimble full of the powder of musterseed in a spoonfull of white wine every morning and fast an hour or two after it then take of the powder of white Hellebor roote and scrape the quantity of the quarter of a pen into a quill and snuff it up the nose for to Clear the head If the speech be lost take 3 dropps of *the* Spirit of amber in a spoonfull of Sack once in 3 days and with the musterdseed that morning&

For the Palsy

Mustard seed - one ounce

Mithridate - half ounce

finely beaten and mixt together take the quantity of a nutmeg 3 times a day Doctor Waldo .&

Green Aprecocks

Take them before the stone be hard within them put them into Scalding wa= ter and let them boyl a pretty while then take them of the fire and Cover them verry close till they be pretty Cold then set them over the fire again and let them boyle fast with the Cover on them and so take them of untill they be verry green then have double refined Sugar ready beaten and through it on them by spoonfulls till you think they are sweet enough and so boyl them verry fast till they be enough take them up into what you please to put them in let them stand in Could water over night some= times if there be need for it this I have done and they were verry green.&

To Preserve Raspberries

Pick half a pound of the largest raspberry then bruse the little

ones and put them into a hair Sive and let the Ieuce run out of
it selfe without pressing take a pint of that Iuce and put it into a
Silver bason put to it a pound of Duple refined Sugar stir it well
together set it on a quick fire let it boyle a litle while and scome it
then put in the half pound of Raspberries and let it boyle as fast
as you can scome it and shake it a litle sometimes try it in a spoon
when it Ielyes and the raspberries are Clear it is enough then
take them up into Glasses

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To Make Rice Puddings

Take a quarter of a pound of Rice and boyle it in fair water or
new Milk. when it is plump put it into a Cullinder to drain then
take as much beef suet finely pickt and Shred, as Rice and six
Eggs but only four whites, and some thick cream, Nuttmeg
Mace Sugar salt and rosewater as much as you think fit then
fill the small gutts with it.

To make wild Duck Sauce

Take some Clarret wine and put it in a dish with a sliced onion
and set it under your Duck as it rosts when the Duck is enough
enough take the sauce and blow of the fatt and shake a litle
butter in it and put it to your Duck and serve it.

To make sauce for young Ducks

Take bread crumms boyled with the blades of young onions in
water mix some of the gravy of the Duck among it with some
butter Pepper and salt.&

To Dress Salmon Hott

Take a litle white wine put to it some whole pepper mace and
cloves and let them boyle together then take a good deal of sweet
butter a litle vinegar a litle fennell cutt small and the yolk of an
hard Egg cutt small and so put it to *the* Salmon for sauce and serve it.

To make sauce for boyled Chickens

Take butter and viengar and boyled Parseley and sugar and
scalded Goosebereys if yo have any

To Dress Calves foot

When they are boyled and Drest then stew them in half water and half vinegar a bit of whole pepper mace sugar salt Currents if you please.

A strengthening Broth

Take a young Cock when he is Drest break his bones, boil him in so much water as his bigness will permitt (to make strong broth) when you have scummed it put in a crust of bread one ounce of the heartshorn shaved: if you would have it Loos=
=ing put in some large mace if binding a litle Cinamon boyle it till it will it will Jelly when it is cold: & drink it warm or eat it with bread

To ~~Coulour~~ Colour Paper.

For yellow Mix Cambugis with gum-water
For scarlett mix vermilion with Gum water
For Blew mix verditur with Gumwater
For Green mix Blew and Yellow togeather
For a Shade of Reds boyl Brazill with Sizeing
For Purple boyle Logwood with size and a little Alome
For Orange mix red Orfin with Gumwater
Then Glase them all over with Gum Arabeck

Orange Cakes

Take six Chiny oringes pare them thin take the meal out them put them in cold water as you do them then set ^{^on} some clean water when it boyles put in the pills and let them boyle till they be tender take them up and beat them in a Stone mortar verry fine then take 4 kentish pipens pare them and cull them from the core then boyle them in water till all the Goodness be got out of them then strain the Liquor from the rest and put the Liquor to your oringes then weigh all togeather take half the weight in Sugar & put it to the pulp and let it have a good boyle then put in the Iuce of four Lemons give them a good heat but not boyle them put in the other half weight of Sugar and heat it a litle

To make past for flaps or CheesCakes.

Take one pint of fine flower half a pound of Butter the yolks of 3 Eggs and one white and Sugar to discretion work all these togeather and put as much

rose water to it as will make it past.

Germander

the decoction of it made and drunk cureth all diseases of the brain as continuall head acke falling sickness Melancholy drowziness and dullness of the spirits the Iuyce of the worms in them the tops whereof when they are in flower steeped 24 hours in a draught of white wine and Drunk killeth wormes in the belly.&

For a sore head

Take of Litharge of Gold one ounce oyle of roses and Vinegar of each 2 spoonfull. beat one after another together i.e. vinegar and beat it and oyle and beat it and so one after another till it be linciment unguent nutritum Mr Rasine .

For a Cough and shortness of Breath.

boyle foolefoot and tops of hishop in spring water till half be consumed then clear it of and sweeten it with Honey and boyle it again when it is cold bottel it up and keep it for use. take half a pint of this morning and night fasting.

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To boyle young tame Ducks

Boyl your Ducks in as little water as you can boyle two or three cutt onions with them when the Ducks are enough thicken some of that Liquor with white Bread and put in with Salt pepper and put in a little butter.

Sauce for the boyled duck

Boyle some sliced bread in as much water as will make it thick when it is just boyled put in a little butter Lemon, and Salt and serve it up.

A Gargile

Sage Plantine Woodbind leaves sinkfoil of each a handfull boyl them together in a pott of running water and 5 spoonfull of Vinegar as much burnt elssom as a walnut 3 spoonfulls of Honey boyl them together untill half as consumed then strain it and use it

For the Itch

Take 3 spoonfulls of flower of brimstone for 3 mornings together
an mixt well with new milk drink a poringer full 3 mornings then take 2 or
3 peniworth of flower of brimstone one peniworth of sweet sope and a pretty
quantity of fresh butter melt all these in an Earthen pott or pewter & anoynt *the*
body all over 3 nights together before a good fire a so go to bed and keeping
the shift on a fortnight and the cure allways follows.

How to Pickle Raddish seeds peas or Artichokes

Take 2 ounces of Pepper grosly beaten: half an ounce of mace Bruisid
one ounce of carraway seeds rubd in a cloth: or a litle bruised in a mortar Salt to
season it Dill seeds ~~rubd in a cloth~~ before they be ripe you must tare of them at
the bottom & then the raddish seed scaled to take away the rawness of them the
water having been drained from them through a sive all night then lay a
lare of raddishes and a lare of sesoning and press it with Glass or Lead white
wine vinegar verry pure else it will musty if it do it must be taken away if
the Liquor waste it must be renewed with Vinegar the raddash seeds must not
be old but such as will easily break in two: The Artichokes as big as a Hennis
Egg the peas as soon as the blossoms are of: the peas and Artichokes will
be quickly boyld the raddish seeds must have a boyle.

To make Sugar Cakes

Take a pound of sweet Butter melt it put in 6 spoonfulls of rosewater
one pound and 1/2 of sugar beaton and searced the yolks of 6 Eggs knead this
with as much fine flowor as will make a fitt paste when it is kneaded make
it into Balls and put it between 2 trenchers and Cut it with a glass and lay
them on pye plates and set them in the oven prick them and bake *them*
pale if you please you may steep a little musk in the rosewater overnight

Coller'd Beef

Take the flank peece of beef and lay it in pump water 3 dayes shift it
twice a day then take it out and let it drean one night then throw salt upon it
and clap it together then take sage and parceley and pottmariorum and
chopp them verry small then take pepper and salt and mace and Cloves and
season it then rowl it up verry close and set it into the oven 4 howers and
when you take it out and unwrap it and rowl it as hard as you can.

Cherry Wine

Take your right English cherry and crush them betwixt your fingers as you pull them from the stalks and let them stand allnight in an earthen vessell the next morning strain them and to every Gallon of this Liquor put a quarter of a pound of Sugar let it stand a month in a close vessel well stopped in a coole place then bottel it and put a lump of sugar in every bottle.

Chiney Ale

To as much ale as you can make of a bushell of malt put 3 ounces of chiney bru=ised and half a pound of Dates boyle them in the Liquor and when you tunn it into the barrel put in a pound of rasons of the Sun stoned and let it stand 12 days or A fortnight and then bottle it.

To Roste A Hare

Take a good deal of sweet hearbs and shred them small and half a pound of butter wrap the butter in the hearbs and put into the belly of the hare rost it then melt some butter with the Iuce of oringes or white wine and the hearbs in the hars belly and serve it up.

for wax work

Marrow colloured Lake put into white wax for A Morree collour
Blew verditur in white wax.

Roset put into white wax for peach collour: a powder 2^dper&3

Gambuge - for A Lemon collour

Red lead into yellow wax for oringe collour

Lamp Black in white wax for A prune collour

orum Pigmentum 1^d3&in white wax for straw collour

or gall in white wax for hopp collour a bunch hoppes

Verdigreas yellow wax A Green

Inger root 2^d a stick not beaten but stirr *the* wax as it melts with it a flesh collour

Scutchinele with Allam in white for a purple or Morrot

Vermillion in white wax A scarlet

Brasill powder in Allom and water for A pale purple

venus turpentine a little put into *the* wax as it melts to keep *them* from breaking

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For Whitening of Yellow wax.

first melt it as and dip in a trencher and take it of thinne lay it out to bleed 2 or 3 days untill it change then melt it again to 3^{li} of wax put one ounce of tallow one penniworth of talk like serus and one halfe penniworth of venus turpentine take it of with a trencher as before and lay it out untill it be white 8 days will do in summer set by it a basin of water and as often as the cakes

are dry dip them in the water then melt it over again in a basin in boy=
=ling water and then pour it into poringers for thin cakes.&

For A Consumption

Take the yolk of an Egge, one spoonfull of red rose water double distilled (if you can have it) one knife pointfull of flowre of brimstone and *the* like quantity of white candy beaten & serced stir all together drink it in a morning & walk. probatum

For pain, or inclination to a feaver

Take Elecompanie finely searced & flower of brimstone & mix them and take a large knife point full in a morning & a glass of Ale after the same at four afternoon - Mr Aikrood
A Purgeing ale to be taken every Springe and fall for the Dropsie Megrin or head ache foulness of the Stomack or Lunges or back

Sena aloy 6 ounces pollopidium of the oake 6 ounces of bayberries Hulled 2 ounces any seeds 2 ounces Soldanalla 2 ounce Ash keys 3 ounces sasafras wood 2 ounces bruis all these ingredients into gross powder except the sena & put them into a canvis bagg then take 4 gallons of very strong Ale boyle it to 3 or there thereabouts then tun it up with good store of east but put in the bagg first hanging 3 inches from the bottom & 3 inches from the top & when it hath done working stop it up close leaving good store of east on the top & after 3 or 4 dayes drink therof every morning dureing the time aforesaid half a pinte & every evening 3 quarters of a pinte this may be taken by either child or old body without harme a little warme broth before dinner will make the drink work the better in the evening drink of it goeing to bed keep warme fire in your roome dureing the time you take it this will cleans the body of all corrupt humers water & winde & it will cleans the stomack liver lunges head & other partes & will purge no longer then superfluous humers' abound

For an inward Bruise or Strain Mr Akrode

Take of Strong Ale one Gallon. ordinary Barley one pint. Ivy that grows upon an Ash one good handfull of Licoras scraped & sliced very thin 2^d anniseeds, Green fenⁿell seeds Caraway & coriander seeds of each 1^d Rasins of the sun stoned, a good handfull. bruise the seeds & put these things into the Ale - before it be set on the fire then take cloves & mace each 3 half penyworth 2 or 3 rases of Ginger & a large nutmeg bruise them & put them into the Ale before it boyle & when the things are well boyled take it from the fire & strain it then put in 3 penyworth

of Saffron made into Powder

Take 9 spoonfulls in the morning fasting, as much about 2 of the clock, & as much at night going to bed&

For the Gout 1691

when it is fixed in the Toe or elsewhere make a Poultess of Pigeons Dung (one night old or the newest you can gett) and sallad oyle and Brandy more oyl than brandy and apply it as hott as you can suffer it it will draw so much that as I said above it must not be laid on at the first appearance of the Gout but after one 2 or 3 dayes when the place is sore. Mr Gill Smith himselfe & others alwayes find ease by this Medicine

To Cure Frantick persons - Lady Strafforde

Take of ground Ivie which is alsoe called Alehoof three large handfulls boyl it being shred small in a pottle of pure whitewine till two parts be consumed then strain it and boyl with it 6. ounces of *the* best sallad oyle till it grows thick like an oyntment annoint the Mould of the head upon the seame with this oyntment being made warme 8. or 9. * times together chafeing it very well in, then apply the hearbs to it poultise wise tying them well on, this oyntment and poultise cured three score persons without failing in any one and cured them in 10 dayes. God blessing the means.

To Make an ordinar Cake

Take a pound & a half of flower & drye it at the fire then rub into it half a pound of butter put to it A meat pigon full of good barm one pound of currants, 2 ounces of suger, & half a quarter of an ounce of Mace Mix these well together then warme a little milk with a little butter & put it to the rest to make it pretty lithe, so put it into your cake pan, & so bake it

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To Make A sa^{ck} posset my mother

A Pottle of cream, & boyle in it A little whole cinimon & 2 or 3 blades of Mace, then take 18 eggs & ^{but} 8 of the whites, beat these very well and put to them one pint of sack, one grated nuttmeg & A little beaten cinimon, & 3 quarters of A pound of sugar, set these on A Chafeindish of coals, when the wine & eggs are reasonable hott Take the cream boyling off the fire, pour it as high as you can, stir it not but cover it close, & 2 grains of musk upon it&

For a violent Cough May 11 - 1694. Mr Burbidge

Take of Elecompany Anniseeds, & liquorice of each one ounce finely beaten & seared. then beat amongst them three ounces of sugar candy and take of this powder a knife-point full frequently.

Another Madam Sitwell Ditto 1694.

one quarter of a pint of brandy makes it up.

Take 2 ounces of Spanish liquorice slice it into Brandy or rose water sett it over some coals untill it is well dissolved, then take 2 ounces of Anniseeds & as much flowre of Brimstone. 4 . ounces of loaf sugar beat & seared mix them well together before you put them to the liquorice & brandy else *the* brimstone will be in dry lumps. then put these powders to the brandy & liquorice & make it into pills leaving some powder to make them up with all.

Doctor Rasino Iuly 3. 1694

Take of Quinch-seeds halfe an ounce, of Flea-wort 1 Drachm. boyl them over a gentle fire halfe an hour in a little more than a pint of spring water, till almost halfe be consumed. strain it, & sweeten it with Syrup of Violetts, and take frequently a spoonfull or two warme gently dissolving it & swallowing it, especially towards bedtime. this Ielley is accounted a great inward healer & good *against* horsness. or infuse the *Abov said* in cold water all night is better will ielley as well

Doctor Rasino

Take yarrow & plantain of each two handfulls beat them well in a stone Mortar. put halfe a pint of Ale to them let them stand covered in some vessell all night in the morning strain it, and take two or 3 spoonfulls of *the* iuice in a little Ale or beer, if you add halfe the quantity of saffr Tansey to *the* other hearbs it may doe well or the iuice of Tansey alone prepared as above *said*. they are great strengtheners cleanses & helps the wind, and inward bruises.

For the Lump in my neck if troublesome put upon it a plaister of Athernium or rupture plaister, to strengthen it, for he thinks it is a relaxation.

Another for my selfe. a Cordiall

Take. 4. 5 or 6. dropps of Balsome of Sulpher in A little Sack. but if the suplhur be right it ought to be Annizated.

if I find 6. dropps heat too much, then I am to take but four.

Nota Bene but I did take .10. or 12 at a time dropt on a bitt of sugar & then 2. spoonfulls

of sack morning & evening

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To kill ~~womes~~ worms in Children

Take of wormseed, bay-berries and Iuniper-berries of each a like quantity only bruise the wormseed, but beat and serse the other two. then mix altogether and give as much as will lye upon a halfe-crown to a child in a little honey or treacle 2. .or .3. mornings *probatum*

A plaister for a consumption. 1694

Take burgundy pitch, Rosin, bees-wax, of each halfe an ounce, melt them upon a soft fire, then put in of the oyle of Mace a quarter of an ounce, and of course turpentine a quarter of an ounce, when all is melted give it a little boyle, then spread it upon sheeps leather, then grate a Nutmeg upon it, and sprinckle a little dry beaten mint upon it & apply it to the stomach on a large plaister, the abov *said* ingredients are the dose for one plaister. which will be good upon *the* stomach 14 dayes or more. And then you may renew it. it is also good for sciatica or paines in the ioynts or back being applyed thertoo. It works by drawing a dew.

Bitter draught

A Receit for A pain in *the* stomach or

Take the hops of centry, camomile flowers, of each one handfull, of Gentian Roots, two scruples, fine senna, Cardus seeds, of each half an two scruples, fine senna, cardus seeds, of each half an ounce, boil one quart of water well & infuse it in it all night, then strain it, &, Take a quarter of a pint out every morning whiles it lasts

Cowslip Winemadam Gill

To Eight gallons of water, sixteen pound of sugar, set *the* water & the sugar on the fire, let them boil together a whole hour, keep it well with scuming, take it off, & when tis as cold as new milk, have a vessel ready, with 2 pecks of pickt cowslips in, a little bruised, pour *your* liquor upon *the* flowers, put into it, to or twelve spoonfuls of new yeast, & as *the* flowers works up, put them down with a spoon, & before it has done working, put in *the* Juice of ¹⁰twelve Lemons, & the outside pill, ^{of eight} when it has done working, close it up with clay & keep it three weeks then bottle it, putting a bitt of Loaf sugar in every bottle twil keep & be at best at Xmas -

For the dropsy

half a pint of March Beere, mix with it three knife pointfulls of Powder of musterdseed drink it morning fasting & 4 clock afternoon till you find good by it. this receipt very good, Mrs Cooper - 15

to 2 handfull new goose dung 2 handfull burdock roots slict & worke in 2 q^uarts of new ale 24 hours then strained out & drink 1/2 a pint morning fasting & afternoon Lady K:

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To preserve strawberries.

Take the largest ripest strawberries and allow their weight in sugar, then take some other strawberries and crush them, and to every pound of strawberries allow a quarter of a Pint of this Juice, and a quarter of a pound more sugar, dipp all *the* sugar in water, and then poure the Juice upon it melt it over the fire, and when it is very well melted, stir it till it be almost cold, then put in your strawberries and boile them on a pretty ^{^ quick} fire often takeing them of to scum them, when they are clear they are enough scume them clear, and glasse them, if you think the syrrup too thinn you may boile it after *the* fruit is taken out, be sure to scum it clear, and stirr it till it be coole, before you put it upon *the* strawberries.

To preserve Gooseberries.

Take the fairest Dutch gooseberries at their full growth but not ripe, stone them into faire water, then stamp other gooseberries and strain them, let the Juice run through 'a geley bag till it be as clear as water, then put three quarters of a pound of gooseberries into half a pint of Juice in a bason on the fire, and let them boile as fast as possible one good boile or two, then take the finest sugar one pound and quarter good weight finely beaten strow it upon your gooseberries reserving a little to strow on as they boile as soon as they are the fire make them boile to the topp of *the* pan two good boiles, but it must be very quick, or they will change colour, then take them of, and keep them in deep glasses or pots.

to make thin tart crust L: K:

Take half a pound of fine flower, as much good fresh butter, rub *your* butter well into your flower; then put to it 2 eggs yolks & the whites ^{^ no water} then roul out *your* lids as thin as you pleas, when they are lidded you may before they be set into & searc' some dd refined sugar on them the bottoms must be pretty thick this is very good-

to make Whiggs mrs Moor

Take one quarter of a peck of fine flower set it to *the* fire to drye, then warme a little new milk to mix it with all, put to it a porringer full of new barm, set it to the fire to rise then take 1/2 a pound of butter & 1/2 a pound of sugar, melt them together, stir them till they be cold then mix them all together

An Excellent receipt for the dropsy - it hath

Recovered some when *the* physicians had given them over
Take one scruple of the seeds of well-wort & bruise them, mix them with surup of Roses & a little sack & take it for a purg it will cure the dropsy: the seeds may be had at the Apothecarys.

Excellent for strengthening the eyes Lady K:

A quarter of a pound of may butter & one ounce of white virgins wax melted together, then one ounce of flower of white lead put in it mixed well so put in potts for use - rub the bigness of a great pin head ever night, upon your Eye lidds.

To make surup of Elderberys excellent mrs Satorsfeil

fill a vessel full of Elderflowers, before they be full blown, & putt so much Rennish to them as will iust wett them very well then cover them close & Let them stand till Elderberys are ripe, then gather a quantity & fill a stew pott with them & sett it within a pott of water over the fire to stew & when they are enough & ~~when~~ drain the iuce from them, & likewise squeeze the flowers & mix an equal quantity of both Liquors & to a pint of Iuice, a pound of sugar & boyle it to a syrups

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an excellent receipt for the stone, mrs Moor

drop 25 drops of oyle of Turpentine in a pint glass of spring water & drink it off

To prevent miscari^age mrs Wain^wRight

ffrogg-spawn water, oak-Bud water, cinnamon water, plantain water, of each A pint, mix them together & sweeten it with surup of Corral, & drink a small glass as often as you pleas.

A good Dyet Drink for swelled Leggs mrs Adams

To a Gallon of smal Ale, one handfull of Liverwort, one handfull of Brookline, one handfull of fumetery, one ounce of Iuniper berys. 2 oranges, 2 ounces of sena 2 pennyworth of English Rubarb, & drink of this twice a day also liverwort stampd tuned up in midleing drink & tune a day drink almost apt at a time excelent for heat & flushing in *the* face. strong og liverwort it may be & the better

past for cheescakes

half a quartren of fine flower mix it pretty stiff with 3 Egg whites & cold water & moild it well, then take better then a *pound* of butter & wash it in water to make it soft then roul out your past pretty thin & spread the butter thin in rows & flower it, then duple it up & roul it again & doe so till all the butter be spent but be sure to roul it all one way.

Meat for the cheescakes

Set a quart of cream with a stick of cinnamon over the fire & Let it boyle then break 9 Eggs & to part of them putt better then a spoonfull of fine flower when tis mixt well put all the Eggs together & beat them very well, & when the milk is a little cool, mix that & the Eggs together by degrees & keep it in stiring; & putt in better then a quarter of a pound of butter and sett it over a slow fire & keep it stiring till it be pretty well broak to curds but not too much then take it off & putt in curans, well washed & pickt & sugar nuttmeg to *your* tast a little sack & rose water if you will

pan Tart past

To a quartren of fine flower, rub 3 half pounds of good butter into it, & & make it into past with cold water.

Pasty past for the Top

To half a peck of fine flower, take 6 Egg whites, & 3^{li} & a half of butter make it into a past with cold water, & doe not work it much.

for the bottom & sides

To half a peck of flower break a *pound* & half of butter into it & make it into past with hott water, or *yow* may mix of both these pasts for the sides

past for a dish pye Excelent good

2 pound of fine flower, a pound & 3 quartrens of butter, 3 Eggs yolks & whites, beat them & mingle them well in the flower, then break in the butter in pretty large lumps, & some cold water butt make it pretty stiff, grasp it well in your hands, but doe not knead it at all then work it lightly till it be smooth

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To make a seed Cake mrs Wharton of Gainsbrough

Take one pound of butter, one pound of flower, & six Eggs. but one white six spoonfulls of barme two spoonfulls of cream two spoonfulls of sugar mingle these together cold, set them before the fire covered with a thinn cloath untill it rise well, when the oven is ready which must not be too hott, work up your past adding to it half a pound of carraway comfitts, put it itinto a cake pan & bake it one hour&

for a strain Mr Malim^{also} clay taken off a hogshead mixt with vinegar & laid on

make a poltess of Rye bread & vinigar, & lay it too: first bathing it very well in salt & cold water

To make sider very good my mother

when it is strained put it into a vessel, & to Every four gallons of sider, put a pound of loaf sugar, & when it hath done working stop it up Close, for a 3 weeks or a month & then bottle it or till it be clear&

for a train mr Bernerd

Bath the place with water & the greatest part vinigar mixed, then beat vinigar & the white of an Egg to water & mix it thick with bole & spread it upon a cloath & lay it over the place renewing it every day&

ffor a scaldSarah Tylar

Swines grease washt 9 or 12 times in water, then spread upon a cloath & laid upon the place will cure it&

For wormes Coz Fenthem

ffatherfew wormwood savin Reu all boiled in fresh butter & anoint the

childs belly very well before a good fire at going to bed 3 times but take great care of Cold

For a sore bruise mrs Hool

fry green wormwood in fresh butter & applye it to the place - or anoint it with oyntment of wormwood wood which must thus be made - in May gather wormwood cutt it small, put a good quantity into some fresh melted butter batl them together, but take care not to burn *your* butter & then strain it out if it be not very strong of worm wood, putt more in & doe so again&

for a burn my mother

Apples & swines grease stamp together & laid on like a pultas & changed it some times & it will cure it&

For an ague mrs Aslebie

Take 3 ounce of the root of tormentile finely powdered boil this in a gill of Ale till it will be a salve, then spread it upon leather & lay it to the soles of the feet the night before the fitt comes, then have 3 ounce more made into plaister that night the fitt comes & another the night after, change the leather every time - - tis an extraordinary cure the Ague never returns & it creates them a very good stomack to their meal & makes them very hearty&

For a sore mouth sister

Take a pint of iuic of plantain, a pint of iuic of sage & a pint of vinegar 2 ounce of honey 2 ounce of Alome, boil all these over the fire, a little while when you use it warme it a little & dip a rag in it & rub your mouth all over till it bleeds then wash it well with this water 2 or 3 times in a day also hung beef burnt to powder & rub *your* mouth with it is very good

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For sore Eyes Thomas Richison

fresh butter & honey boiled together & iuice of saladine putt in is very good anynt the Eyes with it pretty often&
&&

For pain at stomack &c:

Take Roman wormwood & common worm wood, cardase broom tops Red sage & santuary Each half a handfull; Gentian roots, & Allicompany Each 2 drams

Annyseed, & coriander seeds Each 3 drams bruise the seeds & cutt *the* hearbs & roots & infuse them in 2 quarts or a Gallon of good shery, & drink almost a Gill at a time 3 times Every day while it lasts&

A good receipt for wind or pain in the sides or stomack or stiches L K:

Take a dram of gentian cutt into thin slices half a dram of *the* shaveings of sasafras the Topps of Agrimony & centuary of Each one handfull, camomile flowers 1/2 put all these in an Earthen pott with a narrow neck & pour upon them a pint of scalding water, stop it close & let it stand at the fire to infuse all night & in the morning strain it out, & take 1/2 a spoonfull of this infusion in a glass of white wine for 3 weeks or a month together & be sure that *yow* walk very well after it, this has done a great deal of good for wind & pain&

A water comparable to gold L: K:

Take a gallon of white wine gentian 4 ounce sentuary 2 ounce stamp *them* together & put *the* wine to them & lett them steep 8 dayes then still them in an ordinary still & keep the water in a bottle close stopped to 3 spoonfulls of this mix the weight of six pence in sentuary powder & drink it morning & evening

The virtues of this water

it preserves the body from all manner of disseases it putteth away Impost =humes it is good against choller resisteth the plague helpeth a stuffed stomach it breaketh the stone in the Reynes it is good for waterish humours of the spleen &c&

ffor pain at stomack Aunt Rayner

hoarhound penyroyall salladine & mint boiled in Ale & sweetened with Treakle excellent good.

An Excelent good oyntment mrs Hool

Take rosemary Rue an wormwood of each a *quart* the youngest bay leaves & red sage of each a *pint* pick *them* clean but not wash *them* shred them small & bruise *them* well in a mortar, then take 3 *pound* of sheeps suet hott out of *the* sheep shred it well with *the* hear^{bs} till all be of a coloures then stop it close in a pott 8 dayes then boil it on a soft fire when it is half boiled putt in a pottle of the best oyle olive & 3 ounces of oyle of spike take CaRe it doe not burn take a alittle up in a spoon, & when it is a pure green it is enough; being kept in a clean Earthen pott well glazed & covered close with a parchment & Leather it will keep good many years ~ the virtues of it ~ warm it & rub the the stomach exceeding well it will help digestion & many times expels those inveterate humours which inward

medicines will not doe so easily it is good for most ackes & swellings of wounds stiches or straines cures all burns & scaldings it cures the sciatca pain in the Ears dropt in warm & stop it with black wooll, it is good for *the* tooth ack comeing from a cold Rume&

for pain att stomach

Methridat & alloes equally mixt & made up in pills & take, 4 or more at a night 3 nights to gether Matt: coachman

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A very good Dyet drink mrs Hool

Take Topps of Broom & roman wormwood of each 2 handfull, boyle these in your wort instead of hopps, in 4 gallons when its tuned hang a bag with a pound of fileings of iron or steel one ounce of horse raddish root shaved in it & put to it a *pint* of iuice of scurvy grass when this is clear & fitt for drinking lett it be your constant drink&

To preserve damsons or other plumbs for tarts &c

To three pound of damsons 2 *pound* of the best powder sugar, putt your plumbs into a pit^cher & putt *your* sugar on the top & no water in them, sett *the* pitch =er in a pott of water over the fire & let them stew till they be a little soft then sett them by & doe them so again the next day then if they be very tender & *the* surup pretty thick they are enough if you would have them keep till the next year you must put the whole weight in sugar & when they begin to cane or scimm renew them as before ~ mother ~

A plaister to kill wormes in children

Take one pennyworth worth of Alloes & beat it to powder & putt to it a drop or two of the iuice of wor^mwood if that cannot be had take wormwood water mix them with a knife till the Alloes be melted sett it on a chafindish of coals till it simper stir it all together when it begins to boyle take it off & make a plaister round of white leather & spread it upon it, then annoint the navel of the child with the oyle of wormwood & lay the plaister warme upon the navel keep it on so long as it will stick ~

To make red quinch marmelet mother

Take the largest you can gett wipe them clean & pare & core them, take out all the hard & spotts & quarter them & throw them into cold water, then weigh them & to a pound putt a pint of water

& a pound of sugar loaf. or best powder, then sett the quinces & the water over a clear charcoal fire to codle a little & put a little scutcheneel disolved in spring water & strained, to coloure it then put in most of the sugar, lett them boyle till they be a little soft then putt in the other part of the sugar, so lett them boyle easily & cover them & break them with a spoon, then boyle the coars & pairings in water till they will ielly & then putt it in when it is strained so lett all boyle together & when it will come clean from the pann it is enough ~

conserve of hepps

gather of the largest before they begin to be ripe cleive them & scrape them clean then lay them betwixt 2 pewter dishes till they be soft in a celler, then run them through a hair seeve with the back of a spoon when they are well beat in a mortar, then to a pound of pulp putt 2 *pound* of sugar beat, & beat them well together in a mortar to mix them so put it up for use if you would have it pretty quick a less quantity of sugar will doe

for an Ague mrs Smithson

Take white of Eggs & mix soot very well with it, lay it to *the* rists of both armes after the first fitt & keep it on several dayes ir never fails cure

To make a Hartichoke Pye

To a *pound* & half of *the* bottoms, one *pound* of butter *the* weight of 6 pence in peper & salt. 5 or 6 flakes of mace some cinamon when tis baked liquor it with a cawdle make with *the* yolks of 5 or 6 eggs & 6 spoonfulls of cream 6 spoonfulls of sack 2 ounces of sugar&

To make A Panado

boile in the water a peeice or 2 of large mace a little salt; take pure white bread, pare of the crust sclice it thinn & put in so much as will thicken the water & let it boile, then beat the yolks of 2 or 3 eggs with 2 spoonfulls of rose water; put to it 5 or 6 spoonfulls of the panado & stirr the eggs & it well together, take the skellet from the fire stirr it & when tis cold putt in the eggs & season it with sugar to *your* tast then sett it upon a soft fire & stir it till it thicken & when you take it off putt in a little butter&

To make fritters

Take 12 Eggs but 3 whites a pottle of fine flouer a sa^wcerfull of Ale barme 12 apples pared & scliced thinn a little salt ginger cinamon nuttmeg & as much good milk as will wett them the batter must be very well beaten & fryed in a great deal of lard keep a quick fire under the pan & make not *the* fritters too great&

To make Ising pudings

one *pint* of good oatmeal clean pickt & lye it in a cloath & plump it put to it a pint of new milk scalding hott cover it, & next morning put to it 6 eggs 3 whites one pound of beeife suet finely pickt & small shred 2 or 3 ounces of sugar, 2 spoonfulls of rosewater a little beaten mace & salt halfe a *pint* of warme cream; fill *your* puddings not to full boil them at twice half an hour in all&

To make a fresh chees

Take wild curds made of new milk & drain them in a canves strainer then take Almonds blackt in cold water beat them grossly with 2 or 3 spoonfull of cream & a spoonfull of rose water mingle the curds & almonds together with some sugar grossly beaten rose water & a little mace either beaten or step in the rose water, put this into a cheespan a while then turn it out & some sweet cream to it

To keep goosberys

Take 2 handfulls of *the* worst sort pick them & bo^lle them all to peices putting into them as they boile 2 ounces of sugar then take the liquor & strain it thro: a hair seive, then take the fairest goosberys & cutt off *the* stalks & heads & put them into a pott & putt *the* licquor hott to them but beware of cutting *the* skinns

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A searcloath for a bruise

one ounce of bees wax as much pitch & as much rosin boile them together dip a cloath therein well & lay it to ye bruise good to smell on against infectio
Take herbagrace putt it into strong vinigar let it lye 3 nights & 2 dayes then take a sponge & wett it in this vinigar then take a Lemon & cutt out all the meat & with a pin prick it it full of holes & put the sponge into it & so smell of it

To hash a calves head

Take a large fatt head splitt it & wash it very clean & better then half boile it, then hash one half of it pretty thinn & broile the other half, putt the hash into a saucepan with a little good broth 2 or 3 anchovies a little caper pickle a blade of mace & 2 or 3 cloves half a lemon sliced 2 heads of shallott a faggett of sweet hearbs a little pepper let these all boile over a charcoal fire a quarter of an houre then have 4 or 5 Eggs yolks well beat with a little white wine & vinigar & a little green parsely small shred 1/2 a nutmeg. grated all beat to together put it to your hash & keep it stirring, till it be as thick as you would have it & put to it a little beat butter so shake all up together & dish it up hott

with the other 1/2 of *the* head in the middle, you must have some very thin little bacon collops broiled on a dish before the fire & throw them over

your hash, & sippitts of white bread slic't lemon for a garnish forch meat Balls; & mushrooms if you have them, if you be scarce of Eggs you may make use of the brains & parsely & sage & a little beat butter to thicken your hash; L: K:

Fricacy of Rabbits

Take 2 or 3 rabbits that are young & cutt them in peices not too little wash them very clean & wipe them very dry with a clean cloath then putt 1/2 a quarter of pound of good sweet butter sett the stewpan pan over the fire & putt in your rabbits & keep it stiring till it be warme throw but not brown'd at all, then put in a pint or more of good broth a little peice of bacon a little shallott or onion shred small 2 or 3 Anchovies a faggott of sweet hearbs 2 or 3 good slices of lemon a blade or 2 of mace & 2 or 3 cloves lett all boil till your meat be tender & as little broth as is necessary for sauce then have 4 or 5 Egg yolks beat with a little vinigar & shred parsely & grated nutmeg put these to it & keep it stiring overy the fire till it be of a Right thickness put a little beat butter to it toss all up together serve it with sippitts & slic't lemon & what other garnish you pleas you must take the bacon & hearbs out before you serve it up doe not forgett a little pepper & salt to your tast, - if you would have it brown lett your butter be very brown before yow put in *your* rabbits & dridge them with flowr fry it very brown & dridge in as much flowr as will thicken it, then putt in the broth & all *your* other ingredients but the Eggs L K:

To pott any sort of wild foul

dress & draw them & season them very high with pepper & salt then rost them thoroughly bast them with a little butter & dridg them with

pepper & salt then rost them thoroughly bast them with a little butter & dridg them with pepper & salt to draw them & when they are cold putt them into potts with a few bay tree leaves then cover *them* with clarified butter.

for potting venison

season it extraordinary high & putt some butter but no water in the pott & bake it in a oven 6 or 7 houres till it be very tender then take it out of that licquor & dreaen it very well from the gravy put it into your potts & thrust it down very close *with your hand*, then cover it with clarified butter 1/2 an inch thick

Excellent for the stomack

one spoonful treacle as much turmarick as will lye on a sixpence & putt into a glass of Ale & drunk 2 or 3 mornings&

Excellent for the iandis

one quart of Ale one handfull of hoarhound & boil in it; then clear it off & put into that liquor, one pennyworth of tormerick grated 2 pennyworth of saffron dried & rubbed small 1/2 a pound of treacle one pennyworth of castle soap slict & putt in putt this into a bottle & drink it at 4 times of morning & afternoon shake up the bottle when you pour it out&

to cleans the stomack excelent

one handfull of hoarhound as much hysop boiled in one quart of water till 1/2 be consumed then putt a pound brown sugar to *the* liquor & boile it to a surup bottle it & take a spoonfull night & morning&

ffor scurvy good

one handfull Agrimony, 2 handfull liverwort; leaves & roots of Arum 2 handfulls; wood sorrile one handfull; brooklime water cresses of each 3 handfull; wild sage, bettony, & planten leaves, of each one handfull dock roots two handfulls; polyd pody 2 handfulls; Cukow flowers 2 handfulls; then blossom of *the* Ash tree one handfull; mint one handfull; fenel seeds one ounce Annyseeds & juniper berys of each 1/2 an ounce scurvy grass one handfull; these being bruised & sliced putt them in a bag & putt it into 3 gallons of middle drink after 8 or 10 dayes you may drink therof as dyet drink & may add sena & Ruburb if *yow* would have it purgative

for cowslip wine Cos Beatson

Six gallons of water, 12 pound of good powder sugar, mix them well together, when it boils put in the whites of 3 or 4 Eggs well beaten to clarifie it & scum it well let it boil an hour, pair 50 or 60 Oranges very thinn, take the meat clean out from seeds & skinns, & boil the rhines in it a quarter of an hour, when tis new milk warm putt in the pulp cutt small & a little Lemon juce, about 4 spoonfull of new yeast then Lett it work stiring it once or twice a day for 3 or 4 days, then bung it up close for 6 or 8 weekes & bottle it
1806&

Curran Wine

Gather your currans when full ripe bruin
Then to 1 Quart of iuice put 2 *Quarter* of spring water
& to every gallon of wine 3^{li} of raw sugar
let it stand 24 hours in the tub stirring 2 or 3
times then put in your Barrell with a little
Isinglass Make it up when done fermentting
in 6 weeks taek it from the dregs rince the
barrell Add to it a little Brandy & more sugar
as you think proper in 6 weeks more Bottle it
raspberrys add much to the flavour

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back endleaf 2 verso || back inside cover

back outside cover

spine

head

fore-edge

tail