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V.a.456: Medicinal and cookery recipes [manuscript], 1626 June, 1702-1758.

front outside cover

front inside cover || [folio i recto]

many
hands
hands

Katherine Thatcher
1712

II many
For: the Cloth bead
November the 28
to the dyer 0:9.0
for tape 0: 0: 8
for Laice 0: 4: 5

same
TC a salver worth : 10:17 at 7 to
a
3:0:7

47
21:2
61
71 1

80
21
80
160
1680
720
240

[folio i verso] || folio 1 recto

tak
c/

egs

Mary Baumfylde.
her booke. Iune
Anno. 1626

per mr Abraham: Somers.

~~Katherine Foster~~
~~May 1707~~
Katherine Foster
Iuly 1707

folio 1 verso || folio 2 recto

i For sore eies & to cleere
the eie sight

Take a howse snayle & pricke the
lower part of him & there will
issue out cleere water take that
and drap into *your* eie but prick
him not to deepe lest it com thicke
and then it is naught *probatim*
My dear Aunt Cotterells
dyed March. 29. 1758.
Aged. 81 January

folio 2 verso || folio 3 recto

2 A receipt for snow

Take a pinte of thicke creame
a spoonefull of rose water, and
a spoonefull of sugar, beate them
together untill it be froth and
as the froath riseth taketh it
of, then boyle creame and eggs
together and put into the bottom
of a dish, and when it is colde
pick the snowe upon it.

3

3 To make biskett

Take viii eggs the kenings taken out, and
vi spoonfulls of rofwater and beate it
together halfe an hower, then take
3 a pound and a quarter of fine

drie flower and asmuch sugar
finely beatten, halfe an ounce of
annisseed; a quarter of an ounce
of caraway seede, cleane picked
and rubed a little colliander
seede brused a little fine pouder
of ginger then put all these
together to the eggs and soe beat
it ii howers and bake as you see
good eyther in plates or coffens
put some sugar vppon them before
you put them in the ouen and
wett them vppon with roswater

folio 3 verso || folio 4 recto

4

4 To make Almond cakes

Take a pound of Iordan Almondes
blanch them pound them small
putting a little rosewater in the
beating to keepe them from oyl
then take the whites of viii eggs
and beate them very well, then
take i pound of loafe sugar, pound
it very fine, and iiii ounces of
fine drie flower with 2 graines
of muske and one of amber grees
beate these things with the whites
very well then put in your almon^{ds}
and beat it altogether; / butter
your plates and soe bake them

folio 4 verso || folio 5 recto

5 for a Canker in the mouth

Red sage, rew, Rosmarie woodbine leaues
and plantine, of each of these a hand
full, boyle them all a good while in
vergis then straine them, and putt
into the liquor yf it be a pint, ii
spoonfulls of honney, and a peece
of allome as bigg as a wallnutt
then boyle the liquor againe and
skum it, and wash the patients
mouth bloud warme twice or

thrise a day

6 To stop bleeding at the nose

Take amber grosly beatten, and burne
it in a chafing dish of coales
and let the smoak goe into the
nose

folio 5 verso || folio 6 recto

6 To make white Hippocras

Take a quart of white wine and put
into it iiii ounces of Synamon
brused and halfe an ounce of mace
iii nuttmeggs and halfe a pound of
fine sugar, and let it steepe 24
howers, then take a Ielly bagg and
put a little fresh Synamon in the
bottome of it, and 2 or 3 slices of
ginger, then take a pynt of new
milke, and power a little of the
milk and a little of the wine
and soe power it often through
the bagg vntill it be cleare

folio 6 verso || folio 7 recto

To make white leach

Take thick creame and put sugar &
whole mace into it & a pretty peece
of ising glasse, as much as you thinck
of will make it stiffe, and soe let
it boyle a good while, then take
your almonds readdy blanchd
and pounded with rosewater, then
take of the creame, and straine
the almonds into it, then set it
ouer the fier againe and let it
boyle a pretty while longer, and
when it is all boyled put a little
rosewater more into it, soe put it into
a faire dish, and let it without ioging
stand still it be cold, you must
remember to lay your Isinglass in

cleane water, i hower or 2 before you
goe to make *your* leach

folio 7 verso || folio 8 recto

7 A receipt for the yoellow Iaundes
approoued by mrs Rogers

Take of the young leaues of haertie
chocks that grows in the middle
and boyle them in beer and drinck
it warme three mornings together
fasting and eating nothing in two
howers after.

8 To deliver a woaman of a dead child

Leeke blades & skale them in hott water
and binde them to her nauell and
she shalbe deliuered take them soone
away, or they will cause her to cast
all in her belly.

9 For the Collicke and stone

Take peascod shells and destill them
and drink the water therof
it is an approued medicine.

folio 8 verso || folio 9 recto

i0 To stop bleeding inwardly

Take Oaken leaues, plantaine Leaues
bramble Leaues the flowers and strings
of wild tanse: and yarro^w
of each halfe a handfull, boyle all
theise in posset drinke and drinke
a good draught euery morninge
& eueninge with a little Bole
armoniack mixed with it, and drink
a pretty draught after it to wash
downe the bole.

Take the same hearbs and boyle
them in smythes water, and wett
a double Cloath therin and aply
it to the stomache warme.

ii to stop bleedinge in a woond

take a linen cloth and wet it in
white wine vineger and then burne
it to ashes and so lay it vpon the woond

folio 9 verso || folio 10 recto

Stoc
But why (you'd say should I abroad
For happiness Repair
Will distant Climes or new Aboad
Discharge the mind from Care
Yet let me try if Fortunes Smiles
Or frownes I'll be Resign'd
Enioy the good or bear it's Ills
With a Submissive mind.
Catherine Thatcher Verses 1707
Saint Mary @ Hill. Billingsgate

folio 10 verso || folio 11 recto

once a Day
once a Week
once a Month
once a Year.

folio 11 verso || folio 12 recto

folio 12 verso || folio 13 recto

folio 13 verso || folio 14 recto

A Soueraings Water of Doctor
Chambers Phisicion *which* he long
tyme vsed and did many Cures,
and kept it secret till a little
before he dyed, And then the
Bishope of Canterburie gave
it of him in writinge.

Rx. a Gallon of Gasgoine Wyne,
then take ginger, gallingale
Cynamon nutmeggs, graines
cloues, mace, anniseeds, fennell
seeds, and Caraway seedes,
of each of theise a dram; Then take
Sage, red mints, rose leaues, Time

Pellitorie of Spaine , Rosemarie,
Wilde time, Camomile, Lauender
of each of theise a handfull.
Then beate the spices small
and alsoe the hearbs, and put
all into the Wyne and let it
stand xii houres stirring it
diuers tymes, then still it
in a Limbecke, and keepe the i.st

folio 14 verso || folio 15 recto

first water by it selfe, for it
is the best, keepe allsoe the
second for it is very goode.
The virtues of the same
It Comforteth the vitall spirits
and helpeth inward diseases that
cometh of Colde, and against it
shakinge of the palsey, it helpeth
the Conception of Women that
be barren, it killeth the Wormes
in the bodie, it helpeth the ++
stone in the Bladder it Comfor
=teth the stomacke it cureth
the colde Coughes, it helpeth the
toothache, it cureth the colde
dropsies, ti helpeth the diseases
of the Raines, it helpeth hpt
=ly a stinkeinge breath, and
whosoeuer useth this water
some tyme and not often, it
preserueth him in good health
and shall make him to seeme

folio 15 verso || folio 16 recto

Younge very longe, it Comforteth
nature merveilously. With this
water Doctor Chambers preserued
his life till extream age Would
suffer him nether to goe nor
stand any while, and he Continud
for fiue yeares, when all the
Phisitians iudged he would not
haue liued, and he Confessed
when he was sicke at any time
he neuer used any other mede
=cine but only this water, And
if it stand in the sunne all

the summer it will be the
better. finis.

folio 16 verso || folio 17 recto

A receipt of Clarie Water

Take the Flowers and leaues and still
them in a Colde still, then take
your water and draw it twice in
a glasse ^ still close luted of one quarte
of Water *that* you put in draw out
but a pinte you must let it drop
into The receiuer upon muske and
ambergreees finely ground and put it
into a litle bagg, then take spirit
of wyne and put into *your* water, for
euery pottle of water a pinte and
a halfe of spirit of wyne, then take
Sugar Candie as much as will make
it sweete, a pound for euery pottle
when *your* sugar is desolued in the
Water you must filter it through
a Tunnell of cap paper *which* must
haue no hole in it, but must be
sowed up uery close that it may
soke through the paper and drop
very leasurely, and let your muske
and Amber hange in the glase and
soe use it when you haue Ocasion

folio 17 verso || folio 18 recto

+ A Bath for an Olde Soare

Take a good quantitie of Iuie that
grows our the ground for a gallon
of faire water, and to the gallon
of water take a pound of sheep
suit, boyle it till halfe be consum^{ed}
then let the partie hold ouer
the soare that the steeme of
the liquor may come to it till
it be eolde soe colde that the
partie may put in the soare
and soe bathe it very well
and binde some of the hearbs to
it, doe this three mornings one
after another.

+ An oyntment for any soare brest

Take ii handfulls of sealf heale, one
handfull of ~~of~~ ground luie one
handfull of ~~ground~~ Dasies, roots and
flowers a handfull of plantaine one
handfull of parsely shreed all theise
hearbs and boyle them in fresh
Butter, then strayne it and keepe
it for *your* use.

+ To stop bleedinge inward or
outward.

Take toade spaume and beate it all
together very well till it come
to an oyle then take raggs
and dip in it seauen or eight
tymes and drye ^{^them} euery tyme you
dip them in the same, and lay
to one the wounde, if it be
inward if you lay it one your
stomach it will stay presently.

+ Another to stay bleedinge

Take stoney and the pouder of
Ginger being mixt together then
boyle it and make it into litle
pellets and take them, if it
be outward aply it in forme of
a playster.

folio 18 verso || folio 19 recto

To preserue Apricocks or any other
greene fruite.

Take *your* apricockes when they
be bigg growne before they turne
from being perfitt greene, put them
into luke Warme Water in a pan
and couer them ~~into~~ with a dish as
the plums may be under the water
and when that groweth cold, put
them into another pan of hotter

water, keeping them couered as
before, and thus continue still,
shifting of them in hot waters till
the ~~ut~~ outmost skin pill of, which
skin is no thicker then the purest
Laune for if you goe too deep with
the skin you take of the co^uller
when the skin is of let them
simper ouer the fire, in one of
the former waters, till they be
tender, still keepinge them couere^d
then haue *your* sugar readie, of
the finest and whitest, you can
get, put *your* plums into it, and let
them boyle softly, till they be

folio 19 verso || folio 20 recto

sweet to the stone, boyle not
your sirope to too great a height
for spoyling the couller for the
whiter *your* sirupe lookes, to the
greenest of the fruite, the more
beautifull it will be, you may
hang in it a bagg of muske or
Amber greece as you like, and
this way you may doe any
other green fruit that is to
be preserued greene. this way
you may preser^{ue} green pescos^{ds}
put they will aske a longer
boylinge, you must take of
the skin allsoe.

folio 20 verso || folio 21 recto

To make white metheglin

Take iij gallons, and a halfe of water
then take marierome, winter sauerie
egremonie & broade tyme, of each
a handfull, parsely rootes, and fennell
a handfull, the pithe beinge taken
out, cloues and cinamon of each
halfe an ounce, put the spice in
a bagge, and when the hearbs
and rootes are washed, put *them*
into the water and *your* bagg of
spice, and let it boyle together
halfe an houre, then take
out *your* spice, and cleanse *your*

water from the hearbs, then
put iij gallons and a halfe of
cleane water to this liquor, *which*
is boyled, and put to it a gallon
of the finest water^{honey} you can
gett: then you must laue it
all together six houres, then
take a new layd egg and put
into it, & if he swim the breadth

of a groate, then tis stronge
enough. if not you must adde
more honey, and laue it as you
did before, and when you think
it strong enough, set it one
the fire, and as it boyles scum
it very cleane, and you must haue
in readines the whites of thirtie
eggs beaten to a froath, to put
in soe soone as it is scumed.
then take it from the fire,
presentlie and run it through a
Iellie bagge, and let it stand till
it be very cold, then put barme
to it, and let it stand foure and
twentie houres, and then tun it
up, and hang on the bagg of
spice, and when it hath done
workinge stop it very close, and
in the month or six weekes you
may drinke of it.

folio 21 verso || folio 22 recto

To preserue Raspes.

Take a pound of sugar, and put to
it a pinte of water, and boyle it to
a thicke sirrupe, then take ^{it} of the
fire, and put therin as many raspes
as will lye one by an other, then
set it one the fire, and let it
boyle up all together, then take it
of the fire againe and soe let
it boyle up three tymes, and then
they are readie, and soe put *them*
up and keep them soe long as
you please. if any of *your* raspes

breake, take the whole out, and
strayne your sirupe through, a
peice of tiffanie to keepe backe
the seedes.

folio 22 verso || folio 23 recto

+ To pickell mutton Cowcumbers

Take the fayrest of yor young xx
cowcumbers, and wipe them very
dry, then make your pickell with
halfe water and halfe vineger
and some parings of the worst of
the cowcumbers, and let it boyle
very well, then let it coole, and
strayne it into your vessell.
then put in your cowcumbers
and cast a pinte of oyle oliue one
the topp, and couer them close.
the oyle keepes it without any
creame one the topp, that when
you use any they shall not
take winde.

folio 23 verso || folio 24 recto

Paracelsus playster accordinge
to the London Receipt.

Take oyle oliue six ounces, yellow wax
one ounce and a hale, litharge of gold
foure ounces and a halfe, Gum Amoniand
Bdellium of each halfe an ounce
gum Galbanum opopanax mirrhe and
Francumsense of each two Drams oyle
of Bayes lapis calaminaris, of each
two drams. Venice terpertine one ounce
and of both thes Aristochia Rootes two drams
ffirst scrape *your* wax very fine. then haue
your litharge finely puluerised & searsed.
theise with *your* oyle you are first to
boyle ouer a soft fire till they will
not sticke to *your* fingers. then you
haue *your* gums desolued in white wyne
vineger & strayned, the *which* are, Ammoni^{icum}
galbanum & opopanax, the aboue sayd beinge

taken from the fire & nott to hott
putt in *your* gums & keepe them stirring
till *the* be all well incorporated, then
putt in ~~you~~ the rest of *your* powders beinge

folio 24 verso || folio 25 recto

finely puluerised & searsed seuerally
by them selues, beinge sure to keepe
itt continually stirringe ouer the
fire but lett itt nott boyle & last
of all adde *your* oyle of bayes &
terpentine, & incorporate them well
together & make them into roles
& keepe them in oyled paper or
Lether. this emplayster hath
many rare virtues.

To heale a Tetter. Mr Corsley .

Take halfe an [^] ounce of Camphire halfe an
ounce of sulpher vicum, (quicke sulpher)
and 2 or three bitter Almonds blancht
slice *your* Camphire very thin, then
puluerize *your* almonds sulpher & Camphire
and searse them throughe a fine
search. then take two spoonefulls of
the powder & putt itt in a bottell &
putt to itt halfe a pinte of [^] white wyne vineger
stirringe itt well to gether, and with
a cloutt bound to a sticke anoynt *your*
tetter Morninge & Eueninge.

ffor scaldinge or Burninge to keepe itt
from blisterringe.

~~Take a stronge onion and as much Bay
salt & beate them well together and
apply itt to the soare place. & itt helpeth.~~
Take onions and bay salt of each
a like quantitie, beat them well
together, and streine itt: wett cloath[^] ^{es}
therin and apply itt them to the
place greiued.

An excellent medecine For
any kinde of Ague . Doctor Costine

Take saffron one ounce and a halfe and

as many Currrens vnwashed as will
beate itt up into a Cataplasme, beat
them well together and putt itt
in bagges of Boulter two to be
applyed one the handweightes one the
Pulses and the other one the pitt
of the stomach: *probatum est*

folio 25 verso || folio 26 recto

A powder for the wormes

Take wormeseedes two ounces, Sena
two ounces, hartsehorne rasped
mirrhe gentian roote dried centori
of each six drams, of the best
Rhubarbe. six drams. make all
into a fine powder and giue halfe
a dram at a tyme for three
mornings together in Muscadell
for a man you may giue a dram
& a halfe.
Somers .

folio 26 verso || folio 27 recto

Balsamum with the vertues.

Take of yellow wax halfe a pounce
sallett oyle three pound, Venice terpine
one pound, red sanders. one ounce.
washe the terpine in rose water, and
the wax in sacke or white wyne, then
melt the wax, and put the oyle with the
wyne vnto itt, and the sanders, and boyle
itt gently, till the wyne be consumed:
then put the terpine to itt, and lett
itt boyle till all the moysture is gone
strayne itt while itt is hott & keep, itt
It healeth a greene wound very
suddenly, cureth scaldings & burnings.
but maketh itt a little smart.
If you giue of itt once or twice
mingled with a little sinamon in
red wyne itt cureth the runninge
of the raynes.

folio 27 verso || folio 28 recto

To Cure a ffistula

Take white Copperas one pound, roache
allam, one pound, beate them to powder
in a mortar. then putt them in an
earthen pan, and sett them one the
fire till they be boyled dry, that
you may bringe them to powder againe
then adde 3 spoonefulls of the
powder to a gallon of boylinge
springe water. and preserue itt for
your use. and washe the place
fistulated, or in jecte itt with a
seringe.

To heale a bruise speedily

Take a handfull of rye beate itt a
little then boyle itt in a quarte
of Vineger till half be consumd
then spread itt thicke one browne
paper and lay itt hott to the
place affected.

folio 28 verso || folio 29 recto

ffor a Consumption

Take a handfull of eringo rootes
a handfull of elicampane rootes.
Anniseeds and licoras, of each two
ounces, reasons of the sunne stoned
a good handfull, ginger slyced two
rases. Betony two good handfulls
put all theise in a bagge of Boulter
of hang them in fiue gallons of
strong worte that hath had but a
few hopps boyled in itt.

A pultis to allay paines swellings
or any anguish.

Take strawberries leaues, violett leaues
Collumbine leaues, of and blynde nettles
of each a like quantitie, boyle them
in fayre water, and thicken itt
with oatmell and apply itt to

the place greiued as warm as
you can suffer itt.

folio 29 verso || folio 30 recto

A Pomata for a Burne

Take three pound of the greasse of a
spayed foule lett itt be new & sunset
then take a pinte of [^]red rose water fowre
or fiue Queene apples, pare them core
them and quarter them, then take
a quarter of a pound of red rose
leaues, a good handfull of blanchtd
Almonds. putt them all together in
an earthen pipkin, and lett it stand
two dayse, in warme embers, then
strayne itt through a lininge
cloathe, and lett it stand & settle
powre away the clearest when
itt is colde and stirr itt well
with Wodden spattle till itt
be very White.
Good

folio 30 verso || folio 31 recto

A playster for a soare breast

Take halfe a pound of larde, a pinte of
the grounnds of stronge beare, a quarter
of a pounce of frankincense, boyle the
larde and grounds together, till the
grounds be consumed, then putt in the
frankincense by little & little, keeping
itt stirringe till itt be thicke then
aply itt to your use. But if the
breast be red and inflamed, you
must make a pultis with stale manchett
& runninge water, boyled together, &
apply itt soe hott as you can indure itt
and you must anoynt the place
round about with linseede oyle; butt
nott where the hoales are.

To make sirrupe of Violetts

Take *your* picked violetts beate them in a stoane mortar very small, havinge a little water boylinge in a rediness, adde some of this water & putt into the mortar to make the iuce streyne forthe the better to a pinte of this iuce adde a pound of sugar, boylinge itt to a sirrupe

folio 31 verso || folio 32 recto

Good for the face or hands.

Take the whites of fiue new layd eggs. ten spoonefulls of iuce of Lemons, beate theise together till itt comes all to froath, then lett itt stand 3 or 4 dayes till the froath be desolued and then sett it ouer the fire, & lett it boyle till itt come to the thicknes of starch addinge unto itt mutton suitt as much as a walnutt and as much burnt allum as will lye one a sixpence.

To make whay drinke

Take of Endiue, Agrimony, Cichory liuerwoorte roses, and the topps of greene hopps, of each one handfull anniseedes, parsely seedes, & licorish of each ~~two~~ two ounces, Polipodie of the Oaks 4 ounces, boyle all theise in a sufficient quantity of whey and drinke there of at *your* pleasure.

folio 32 verso || folio 33 recto

To [^]make marmalade of Oranges

Cutt *your* Oranges in halfe, and take out the inside of them, lay the oranges in water change them euey day for 3 dayes, then putt the orange rindes in boylinge faire water and

lett them boyle till they be tender
then take their weight in sugar &
beate the rinds in a morter.
untill they be incorporated together
then ~~add unto~~ take the sugar with a little
water and boyle itt to a thicke
sirrupe, then adde the orange pills
that was beaten into this sirrupe
mixings it very well together, and
lett itt boyle a good spare puttinge
in 3 or 4 Cloues, then take
the insides *which* you picked out
of the oranges & putt into the
sirrupe takinge out the stones and
the skins, then boyle itt to the
heighte of a marmalade puttinge
these in the iuice of a lemon when
it is almost boyled. you must not
adde the lemon too soone lest itt make itt
better.

folio 33 verso || folio 34 recto

To make a purgative Whey:

Take Fumiterry, Agrimony,
scabious, & a halfe Damaske rose
leaues & Cetamache, of each one
handfull. Sena, and Polipodie
of each 2 ounces Rhabarbe six
drams, gusseete Fennell seedes and
grumell seedes of each halfe an
ouce. cut the heads slice *your*
Rubarbe and bruise the saes
& boyle them in a gallon &
a halfe of Whey till one quart
be consumed & runne itt
through a Wollen strayner
@ daniche thereof twice a day.
that Ms. Abrah: Somers.

folio 34 verso || folio 35 recto

Against Deafnes.

Take pure honey, iuice of onions, of
eache fowre ounces, stronge Clarrett
Wyne Vineger, a quarter of a pinte,

oyle of Sothernwoode, halfe a pinte,
putt all theise together in a dishe
and stir them well together,
then sett them one an easie fire
till itt be boylinge hott, when itt
is colde, put itt in a glasse, and
stop itt close. Then lett him that
is deafe warme a little of itt, and
drop three drops in his eares, and
stop them with blacke woolle, use
itt only at night when he is in
the bed, for a fortnight or three
weeks together, if he haue bin
long deafe he might no goe a=
broad in the Weett, nor in the
ayre, if itt proceed from Cold
you may put a little saffron
in the medecyne and itt
will be the better.

folio 35 verso || folio 36 recto

A Secrett Quintessence.

Take of Opium^m, an ounce and halfe
desolue itt in the best ^{red} Rosewater
seeds of henbane and of white popie
of each six drams; bruised and in=
=fused in aqua vitae, fowre and
twenty houres, pure mirhe one ounce
(^mumma one ounce) and a halfe, both infused in red
Rose Water forty eight hours, of
English Saffron halfe an ounce, in=
=fused in aqua vitae, pearle prepared
and desolued in destilled vineger
two drams, Corral White and red
prepared^d of each six drams, Diambrae, Axo=
maticum Rosatum, Laetifficans
Galenii, of each halfe an ounce
Confectio Alchermis six drams, those
things that are infused strayne
well, and boyle gently the liq=
=uors to the consistane of honey.
then adde the Cordiall speties
the Corralls and the Alchermes
and stir itt well with a spatle
till it come to a Masse.

folio 36 verso || folio 37 recto

The Virtues of the quintessenc

It easeth the paine of the goute and collicke, it stayeth the bloody fflyxe, woemens flowers, and the runninge of the Reynes, itt stoppeth the yeox and Vomitinge, itt provoketh sleepe and cooleth in burninge feuers, it taketh away the palpitation or tremblinge of the harte and being put into the nostriall itt easeth the pains of the head, the dose is from 4 grains to 12, beinge taken in the forme of a pill, or desolued in Baulme Water, or any other Cordiall as is fitt for the nature of the disease. But noate, that if the bodie be bound, you must prepare itt with some openinge Clyster sirrupes or potion. As if the patient, be troubled with paine of the head ffeauer or other obstructions prepare a Clyster after this manner, if by Colde the disease happen, Take mallowes mercurie, Beets and violet leaues, of each

folio 37 verso || folio 38 recto

of each a handfull f Mellilote flowers and Camomile flowers of each halfe a handfull seeds of fennell and Cummin bruised, halfe an ounce boyle theise in a quart of faire water to a pinte, strayne itt, and adde the yolkes of 2 eggs, a little sugar, and 2 or 3 spoonefulls of sallett oyle, minister itt at 3 or 4 a Clocke in the afternoone, when your Clyster hath wrought, about 9 or ten of the clocke giue your Cordiall pill, the dose is, ordinarily 6 grains If you giue itt in a potion make one after this or the like manner. Take diascordium one dram, sirrup of diacodium, or of redd poppies, six drams of the quintessence, 6 grames, mixe all theise, with some 3 ounces of Carduus, Dracons, or any other of

Cordiall Water, make it luke warme
and lett the patient drincke it of
last to bedward, couer him
warme, and lett him sweat.
Abraham. Somers.

folio 38 verso || folio 39 recto

A Cape Restoratiue

Take a pottle of Sacke, halfe a pinte
of Red rose water, halfe a pounce of
powder sugar, halfe a pounce of
currans cleane washed and dryed
in a cloath, halfe a pound of dates
stoned and cutt in peeces, halfe an
ounce of large mace, broade tyme
and Rosemary of each, halfe a hand=
=full, lay all theise a steepe in the
sacke & Rosewater. Then take a Cocke
pull of his necke & feathers, draw him
and cutt him in halfe, breake all
his bones, and putt him to the rest
of the things, lett them steepe all
together, a whole night in the
Cold still, then draw itt of, the
first [^]water is the best, the next is small
the Cocke must not be washed, but
putt him hott into the still and
Couer itt Close all night

folio 39 verso || folio 40 recto

Gascoynes powder *which* is
good for all feuers, consumptions
small pox, swoundings, conuulsions
and to driue venome from the hart

Take of the clawes, and eyes of the
crab, corall, white amber, pearle,
hartshorne, a blade or two of saffron
make all into fyne powder, and giue
therof a little quantity, in a spoonsfull
of sacke, or any other wyne, drincke
a little after to washe itt downe
and fast an houre after itt.
You must haue as much of the
crabs clawes, as the weight of all
the other ingrediencies.

ffor a Canker.

Take, Plantane, honeysuckles, Preeuett
violets, and sage, of each one handfull
boyle thrise in a pottle of springe water
to a quart, then adde, honey, sal gem,
of each 2^d white coperas, and Allam
of each. i^d worth, halfe a pinte of
white wyne, boyle itt a little and
keepe itt for *your* use.

folio 40 verso || folio 41 recto

Mrs Reasons Receitit for the
biting of a mad dogge: good for
man or beast probatom

Take a handfull of box: a hand
full of rue: a handfull of bittani^{^e}
a handfull of wild sage: a hand
full of plantine: with a
good quantity of the wild
vine more: chop all these
very smale: and s^teepe them
in strong beere or Ale: giue
there of to a dogge: 5 or 6:
spoonefulls: with a quantity
of methridate about the
bignes of a pease and warmed
to a man you may giue more
it must be taken: 3 mornings
tasting

folio 41 verso || folio 42 recto

The 24 of july } 1702

To Make Sassages

Take the lean of a legg of porke
& mince it Very small with 4 *pound* of beef
suet & a good handfull of sage finely
min^ced this done take Clous mace and
paper of Each a good quantity & as much
salt as you shall think fits to season the
meat: with 9 or 10 eggs mix all these

together very well then put your meat in
to a stone mortar & beat it very well till
you cant preseve the suet from the meat
you may put the meate into skins or rowl
them up *which* you please & soe fry them if *you*
put them into skins parr boyle *them* a very little

folio 42 verso || folio 43 recto

To Make Che^ese Cakes

Take 6 *quarts* of new Milk and one *quart* of cream
Sett it as you do a cheese but instead of
warming the milk putt in as much hot water
as will make it ffitt & when it is comd bre^ak it
& pour it into a Cloth & whey it between
two & when the whey is very well drained
take the curd & break it with a pound
of fresh butter some mace & a pound of sug^er
the yelks of 14 eggs *the* whites of 8 make
Them upon plates in very good puff past
when they are risen & colerd they are enough

Another way to make cheese cake

Take a *quart* of cream set it over the fire when
it is redy to boyle put in to it a pound of currans
& 3 parts of a peny loaf grated & that being
boyled together allmost a *quarter* of an houer put
in to it 12 eggs yelks and whites and beat your
eggs with a *quarter* of a pint of sack and after *the* eggs
& sack are in lett it iust ^{then pat it oute} boyle then sweeten itt
& put into it half a *pound* of fresh butter let it stand till
it be cold then put it in to puff past and bake it. the oven
being pretty hot this quantity will make a dozen & a half

folio 43 verso || folio 44 recto

How to make Biskett.

Take one pound of rice flower & a pound
of dried suger & *the* yolks of 8 eggs & 3 whites
beate the eggs first by themselues very well
& then with 4 or 5 spoonfulls of oring flower
water or Rose watter then strain them in to the
suger & beat the Eggs & suger together with
a slice 3 quarters of an ^{^h}our then Gentlely shake

in the fflower by degrees & beat it all together
a *quarter* of an hour then sprinke what seeds you
please colliander or carraway or both if you
like *them* butter the pans & fill them [^]but half full
ice them ouer when they goe in to the ouen with
suger & rose water that iust boyld up & rose so
bake *them* as fast as you can take *them* oute of *the* ouen
take *them* oute of the pans with a knife.

folio 44 verso || folio 45 recto

To Make Elder Wine

Take 20 pound of malligoe Raisons
pick & chop *them* & putt to them 20 quarts of water
lett them stand 10 dayes in a warm place then
draw it for ~~one~~ off then put to it 3 quarts of elder the
infused iuce of Elder Berries tun it into a runlet
when it haue done working stopp it close lett
it stand a boule two monthes and then
Bottle itt

folio 45 verso || folio 46 recto

An Orang ~~pudding~~ pudding

Take the rinds of 2 fair Orings
& 12 ounces of D^ouble refine Sugar
beate it in a stone mortar then putt to
it 12 ounces of Butter 12 yelks of Eggs
beat *the* Eggs first by them selves mix
it very well bake it between 2 sheetts
of past in adish a boule an hour

Sauce for a legg of Veale or calves Head

Take a pint of good broth a pint of Oyster
lyquor half a pint of clarret put in the
boyleing a large blade of mace whole
peper & cloves. lett it boyle for half an
hour & keep it close together covered and
take yolks of Eggs well beaten and stirr it
in with half a pound of Butter when it
Thicks up putt in a handfull of parsly
& som oysters cut very ~~thyme~~
small & the Brains of a calves head
bray them & putt them all togather

Then take the Veale & drie it up very well

Take a pece of raw veal & som beif suet and beate them together uery fine it must be seasoned with wine winter savory salt & pepper a little nuttmeg according as you like it *the* yelk of an egg a spoon full of cream & make them up for sassages to Lay aboute *the* meat

folio 46 verso || folio 47 recto

Garnesh your dish with oring or Leamon of any kind of saller ing you may if you please put An anchovies in probatum probatum

A Sock Posset

Take 3 pints of indifferent thick creame boyle it with mace take it off the fire then take 8 eggs beat them with half a pint of sack nuttmeg & suger put ouer coles till its scalding hot then pour in the cream stirr it & then couer it a *quarter* of an hour

To Stew Musrooms

Put *them* in a dish ouer coles till *the* heat hath drawne out *the* liquor which must be putt a way then putt to them a good quantity of graue sweet herbs spice & salt & of shelot & when they are enough put in a good peic of butter & *the* yolks of 2 eggs Beaten

A Cabedg Pudding

The lean of a leg of veale & and as much beef suett a good handfull of Collwort leaues mince it all uery small season it with pepper salt and nutmegg work it up with 6 Eggs and grateed bread rowle it up in a boyled Collwort leafe and tie it up in a cloth Serue it with Butter

folio 47 verso || folio 48 recto

Dress a Shoulder of Mutton in blod

~~Bloug~~ Steep a Shoulder of mutton
in blood an hour then take sweet herbs
half a pound of beef suett pepper & salt
mixe them with half a pint of bloud the
yelks of 2 eggs stuff *the* mutton with it wrrap
it in *the* coule. & as it rosts baste it with
the bloud; for the sauce graue & iuce of
lemmon

Harts horn ielly

to a pound of hartshorn 5 quarts of
water boyle it close couered till it come
to a three pints put to it a pound of lofe a
quart of renish wine 2 nuttmegs 2 or 3 blades
of mace the iuce of 8 lemmons *the* whites of
16 eggs beate in to froth boile & stirr it till
its cream strain it throw a ielly bagg putt
slices of lemmon peel in the glasses

folio 48 verso || folio 49 recto

Howe to Coller a pigg

Take a good tall pigg scald him and
cutt off the head & slit it down the back
& bone it & throw him into fair water and
salt let him lie one night to soke oute the
bloud then dri it with a cloth then take
cloves mace nutmeg & salt & rub in it
then rowl it up tite as you can in a cloth &
tye it up at both ends hard and in the
midle and then boyle it with water &
salt & as much milk as will cover it put
a sliced nutmeg & race of ginger a pece of
Lemon p^elle boyle it an hour & half
lett it stand in the Liquer till it is cold
Then take *the* cloth from of it then put
in an earthen pott & put the liquer to
it and in 3 or 4 dayes you may eate it

folio 49 verso || folio 50 recto

sinks

folio 50 verso || folio 51 recto

sinks a little

folio 51 verso || folio 52 recto

To Make bisket

Take *the* yelks of 5 eggs & *the* whites of 2 beat them a *quarter* of an hour & in the beating putt 10 spoonfuls of Rose water then strew in a pound of dubble refine suger finely beaten and sifted after the suger is in beat it an hour then take a pound of flower well dried shake it in still beating it one way then strow in your seeds caraway or coriander or both if y^{ou} please. drop them in to butterd pans and bake them

To make an excellent whine

Take malligo raisons pietet & rubed in a cloth to every pound of raisons a ~~quer~~ quart of water put it together in an earthen vesell lett it stand 12 dayes stirring it every day then squeeze out the Raisons out of the liquer then take the 3^d par^t of *the* lickquer and set itt on the fire till it is redy to boyle them put it to *the* other liquor and to every ~~10 qrts~~ 10 quarts put a quart of good sack *then* put it into a vesee ll so as have been half a *quarter* of an ~~how~~ hour held our burning brimstone and when it hath wrought ~~stop-up~~ stop it up ~~sinke~~ begun

folio 52 verso || folio 53 recto

How to stew Carpes

Take male carpe scale *them* and save *the* bloud put a spoonfull of clarret wine to keep *the* bloud from clotting save *the* rows then put them to the bloud with some clarret putt as much as will cover them & no more for the less quantity of liquor ~~of liq~~ there is the sweeter they will stew put to it 3 or 4 peces of lemon peel one ~~onion~~ onion cut in half

a blade of mace or 2 one nuttmeg cut
in slices one Anchovie then set them on
the fire not to hot lett them stew Easily
and turn *them* twice in half and hour in which
time they will be stewed enough and
melt butter to it
Thomas Thatcher
Sculp

folio 53 verso || folio 54 recto

Howe to Coller Eles

Take the largest Eles & skin them
and bone *them* then season them uery
well with sallt mace and nutmegs
& some swe^{ett} yerbs & parsley well
shred strew it upon them, & rowle
them up as close as you can be
ginning at the taile first then=
sow them yp in cloaths first &
then prepare the pickkill which
must be water white wine & vini
ger salt leamon pill and A race
or 2 of Ginger then putt it over
the fiere when it boyles putt ^{^ its} the
Eles when they bigin to be ten
der then take them out & lett
them stand till they be cold &
when the pickle is Cold putt

folio 54 verso || folio 55 recto

putt them in A fresh pot and put
the pickle to them & when it
growes stall renew it with some
of the same

folio 55 verso || folio 56 recto

Plague Water

Take a pound of dragon: mugwort: balm
agrimony: bettony: wormwood: pimparnell: fumatery
Rue: selandine: burnett: sage: speermint: wood
sorrell: featherfew. stabius. cardus. hearts earn
May weed. termementall: Angellico: scardino

wild time: brome: Ellicompane: & angellico roots
of each half a pound tormentall & butter burr
roots & leaves of rosemary each one pound
germander sentery tips rosa: solis Each 4^{oz}
Clove gilliflowers. red poppyis. couslips & merygo^{ld}
flowers. each half a pound: zediary: liquorish
sweet fennell seeds carraway seeds aniseeds
corriander seeds & cardimums each 4 ounces
sinamon: Cloves maces & nuttmegs of each 2 ozcis
Venice treacle half a pound meteridate and dia
scordiam each a pound let the herbs lie on sheets
to wither then slice both herbs and roots and
let them infuse 3 or 4 dayes close covered and
to this quantity putt 2 gallons of sack and one
of brandy distill it in a limbick

folio 56 verso || folio 57 recto

A Sauce for Fish

Boyle 3 or 4 anchovies in about
a quarter of a pint of gravy as much
clarett and 4 or 5 spoonfuls of *the* hyn
of pickled oysters and when it hath
boyled a while put in a litle parsly
sorrel and sives a litle spinnage
a few vilate leaves a litle time
~~winter~~ winter savery pennyriall
all shred very small then stir in
the butter and beat it very thick if
it be a Carp be sure to save *the*
blood of him to put into *the* sauce
rub *the* Dish with an onion and
lay slicet Lemmon over it

folio 57 verso || folio 58 recto

How to mak Scotch Collops

Take a Leg of Veale and cut it in long
thin slices & hack it *with the* back of an
Knife; season it *with* fine sweet margeru^m
penny riall sives parsly and winter
savery a *grated* nuttmeg pepper &
salt, rub *the* collups on Each side
and put *them* into a scillet. put in
as much white wine and vargus

as will iest cover *the* meat *then* take
one clove of Garlick and halfe
an nutmeg tenn cornes of pepper
& 4 anchovies cut in peecs sett all
those stewing on *the* coales then take
out som of the liquer into a sauce
pan and stew it with a clove of garlick
a litle anchovy Liquer melt som
butter thick with it then take *the* coll-
=upps out and Browne them in a fry
ing pan and lay them in a dish

folio 58 verso || folio 59 recto

and put *the* sauce over them
squase in *the* juce of an orange
over them

To Pickle Walnuts

first prick *them* through & throug^h
& lay them in pump water with
a handful of salt for nine day^s
shifting them Every Day with
fresh pump water & salt put
tye them in a Cullender & drain
them & put *them* over the fire in
water *that* Covers *them* & put a Cloth
down upon the Nutts to Keep in
the steam & lett *them* iust boyle
then take them of the fire & wipe
them very dry: & lett them be
quite Cold before you put the
pickle to them then lay a H
Laying of wallnutts & a laying
of Mustard Seed & a clove of Garlick
with a little peper between each
now with Bay leaves turn over leaf

folio 59 verso || folio 60 recto

till all are put in then boyle
as much vinegar as your quantity
of nutts shall require with a little
peper & a few Cloves with a little
Jamaco peper putting it hott to
the Wallnutts & Cover them
Close for your use
Mrs Kirbeys receit

pro batum
July *the* 8th 1712

folio 60 verso || folio 61 recto

folio 61 verso || folio 62 recto

In Wit, as Nature, what affects our hearts
Is not *that* executness of peculiar parts;
'Tis not a Lip, or Eye, we beauty call
But the Ioint force & full result of al
'Tis ^ with our Iudgments as our Iudgments watches, now
Go iust alike, yet each believes his. ^{own}
At every trifle scorn to take offence
That allways shows great Pride, or little ^{sense}

folio 62 verso || folio 63 recto

folio 63 verso || folio 64 recto

folio 64 verso || folio 65 recto

A Receite, to make the
Stomattick Bitters

Take
6: Civill orange Peeles
1/2: ounce of Snake Roote
3/4: ounce of Gention = sliced thinn
1/4: ounce of scutcheoneele = Brused,

Put into a Quart of French
Brandy lett it stand :24: hours
then straine it off through a
fine Flannell

Then put a quart of White=
Wine on the druggs and lett it
stand :48: hours then straine
it off as before

Zedoary

folio 65 verso || folio 66 recto

66

folio 66 verso || folio 67 recto

67

folio 67 verso || folio 68 recto

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folio 68 verso || folio 69 recto

folio 69 verso || folio 70 recto

For *the* Rheumatism

half an ounce of Gumgoacum
steep in half a pint of best
brandy Take a Teaspoonfull
in a Glass of spring Water in a
morning fasting & at 4 a clock
in *the* afternoon it an Excellent
Remedy

folio 70 verso || folio 71 recto

folio 71 verso || folio 72 recto

penny worth Mallow leaves
penny worth Marshmallow R^L
2 oz *Liquorish* Roots
2 oz Raisins
1 oz Gum Arabic Boil it in
4 *quarts* Water till it comes to
2 *quarts* strain it of: sweeten
it with syrup of:
Marsh
Mallow

folio 72 verso || folio 73 recto

folio 73 verso || folio 74 recto

folio 74 verso || folio 75 recto

1 17 9 1 13-9

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folio 75 verso || folio 76 recto

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0=9=0

3=10=6
4-4-0
7:14 6
1: 16
9:10 6

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folio 76 verso || back inside cover

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spine
head
fore-edge
tail