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## **V.a.562: Cookery and medicinal recipes [manuscript].**

**front outside cover**

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Clappame November 1637 -  
Clappame

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**front endleaf 3 verso || [page i]**

Shee said heere is my hand  
my heart and all I haue  
I kist her and vpon the same  
a token to her gaue

And then vppon the same  
the bells did loudly Ringe  
that equose through the groues  
most loudly they did Ringe

Then vp I tooke my loue  
and arme in arme did warlke  
vnto her fathers house  
and ther with him to talke

who soone did Condesend  
if they were both agreed  
that shortly to the church wee should  
and married bee with speed

The bells did loudly Ringe  
and ministrells they did play  
young men & maiden did striue  
to grace our wedding day

God grant my loue and I  
may haue the licke success  
to liue in loue vntill wee dey  
in Ioye and Righteousness  
finis *Robert willson*

[page ii] || recto of stub [1] after [page ii]

To kill Clotts

Take half an eggshell of *the* flower of Malt  
& asmuch wheat flower & 2 drams of Clattsbeane  
very fine powder with a little fresh butter  
make them into a Past & then into little Pills,  
when you lay them take a fireshovell of  
oatmeale & scotch it till it looke browne &  
rubb *the* Pills in it & lay them ./.

verso of stub [1] after [page ii] || recto of stub [2] after [page ii]

verso of stub [2] after [page ii] || recto of stub [3] after [page ii]

verso of stub [3] after [page ii] || [page iii]

The humble petticion  
of A. B.  
To the right honorable the  
Lord deputie  
Gonne

To the to make saffron Caikes

the Take seauen quartes of flower  
halfe a pint of honey, one pound  
and a quarter of butter a pint  
of bearme, a quarter of an  
ounce of cloues and mace, a  
~~quarter~~<sup>halfe</sup> of an ounce of ginger  
one nutmegg, halfe an  
ounce of pepper, halfe an  
ounce of saffron; and a  
quart of Ale, and halfe an  
ounce of Carryway seedes

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next

next ensueinge the date heereof  
without fraud suite Couer or  
delay that then this obligacion  
to bee voyde otherwise to remaine  
in full force vertue and effect  
in law./

Nouerint vniuersi *per presentes* nos  
A.B. et C.d. de Ciuitate  
Dublin *armigeri* teneri et firmiter  
obligari R.B. de Ciuitate *predicta*  
*generosum* in quadragintis libris *sterlingis*  
bone et *legalis* monetae de et in  
Angliae *soluendiseidem* R.B.  
*executoribus* *Administratoribus* vel  
*assignatoribus* suis ad voluntatem  
suam Ad quam quidem *solucion* em  
bene et fideliter *faciendum*  
obligamus nos vtrumque et  
quemlibet nostrum coniunctim et

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diuisimper se pro toto et in  
solido heredes executores et  
administratores nostri et cuiuslibet  
nostrum firmiter *per presentes* sigillis  
nostris sigillat dat. 25 May  
Anno domini 1640

The Condicion of this oblicacion is  
such that if the aboue bounden  
A B. his heires executors *Administrators*  
and assignes shall well and truly  
obserue *performe*, fullfill and  
keepe all and singuler the  
Clauses, Articles, Couenantes  
promisses *giftes* grauntes and  
*agreamentes* which on the parte and beah  
behalf of the said A.B. his heires  
Executors *Administrators* and assignes are  
to bee obserued *performed* full=  
=filled or kept contayned

declared and specified in one paire  
of Indentures beareing date with  
these *presentes* made beeteene the

said A.B. on the one *parte* and the  
said R.B. on the other *parte* for and  
concerninge the towne and landes  
of Ballyveak &c in The Barony  
of ff. and County of d. Then  
this present obligacion to bee  
~~giv~~ voyde otherwise to stand and  
remayne in full force vertue  
and effect in law./

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Letter of To all *Christ* ian people to whom  
Attorney theise presentes shall come  
Henry Kenney of dublin Esquier  
sendeth greetinge in our Lord  
god euerlastinge Whereas  
theirse Synnott of Ballineho=  
=went in the County of  
Wexford gent by his deed  
beareinge date the Eight day  
of May last past bene ^ hath giuen  
graunted bargained sold  
enffeouffed and confirmed  
vnto mee the *said* Henry  
Kenney and my heires and *associates*  
all and singuler the howses in  
in Ballynehowen more &c  
in the Territory of the Murro=  
=wes in the County of Wex=  
=ford as in the *said* deed  
~~moe~~ more at large appereth

The humble petticion./

of A.B.

To the honorable Sir  
*William Parsons Knight* and  
baronett *Master* of hir *Maiestyes*  
Court of Wards &c.  
Sheweing that whereas C.  
D. of E. in the County of ff.  
gent lately died seised of the  
towne and landes of E and diuers  
other landes in the *said* County  
*which* landes beeing held of his  
~~in~~ *Maies* tie in Capite and the  
heire of the D C. beeing vnder

age, his Maiestie is <sup>by</sup> meanes thereof  
intituled to the wardshipp of the  
body and landes of the said  
haire vntill hee accomplish=  
=eth full age.

The premisses con=  
sidered *which* may  
please *your* honor in  
as much as none of the  
wardes freindes haue  
hitherto sought to entitule  
his Maies tie ~~to~~ to the premisses  
or discover the same whereby  
his highnes might receaue  
*profitt* thereby That *your* honor  
will bee pleased to graunt  
the same to *your* pettitioner  
who will endeauer to haue  
office found post mort the *said*  
C and hee shall euer pray

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Nouerint vniuersi *per prese ntes* me  
Eduardum Hamond de ~~dublin in~~  
Ballgeth in County dublin gen teneri  
et firmiter obligari Richardo  
Smith de dublin gen in ducent  
libr ster be one et *legalis monetae*  
de et in *Angliae* soluend eidem Richard o  
*executoribus administratoribus* vel  
*assignatoribus* suis ad voluntatem  
suam. Ad quam quidem *suis*  
*solucion* em bene et fideliter  
faciend obligo me heredes  
*executoribus* et *administratoribus*  
meos firmiter *per prese ntes*  
sigillo meo g sigillat dat.  
26 doe No. Anno do mini 1639

The Condicion of this obligacion is  
such that if the aboue bounden  
E. H. his Executors *Administrators* or  
assignes shall well and truly pay  
or cause to bee well and truly  
satisfied Contented and paied  
vnto the aboue named R. S.  
his executors *Administrators* or assignes the  
Iust and full some of one hundred  
poundes *sterling* Currant and lawfull  
money of and in England at or  
before the first day of Ianuary

Know all men by these *presentes*  
that I the *said* Henry Kenney  
haue Constituted ordained  
nominated and appointed and  
by theise *presentes* doe constitute  
ordaine nominate and appointe  
and in my stead and place  
puttes my beloued in Christ  
Gerrald Murchoe gent my true  
and lawfull Attorney for mee  
and in my name and to my  
vse to enter into all and  
singuler the *premisses* or into  
any *parte* or *parcell* thereof and  
to take seisin and possession  
thereof or any *parte* thereof  
in name of the whole to the  
vse of mee the said Henry my  
heires and assignes heereby  
ratyfyinge and alloweing  
all and whatsoeuer my

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said Attorney shall doe or  
cause to bee done for or  
concerninge the *premisses*  
In wittnes &c.

Recogniz= Memorandum quod sext die May  
=ance for Anno domini 1637 Annoque Regni  
debt domini nostri Caroli dei gratia Angliae  
Scotie ffrauncie et Hibernie  
Regis fidei defensoris &c decimo  
tertio, A. B. de C in Comitae  
E. gen. venit coram me  
Iacobus Barry armiger secund baro  
domino Rege Cur S cc ij s Librin e  
in propria persona sua, et  
adtunc et ibide m recognouit se  
debere Henrice Kenney H K.  
de d. ar in 40<sup>l</sup> ster bone et  
legalis monetae de et in angliae  
soluend eidem H. K. excutoribus  
administratoribus vel assignatori bus  
suis ad libitu et voluntat  
dict H. K. excutoribus administ=

=ratoribus vel assignatoribus suorum  
Et predictus A. B. vult et con=  
=cedit pro se heredibus executoribus  
et aministratoribussuis quod

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predictae summae 40<sup>li</sup> ster de bonis et  
Cattellis terr et tentis suorum heredibus  
executoribus et administratoribussuorum  
levetur ad opus et vsum pred  
H. K. executoribus<sup>et</sup> administratoribus  
suorum ad quorumcum que manus  
devener &c si defecerit in  
Condici one subsequent./

The Condicion of the aboue written  
Recognizance is such that if the  
aboue bounden A.B his heires  
executors administratores or assignes  
or any of them doe well and truly  
content satisfie or cause to bee  
well and truly satisfied contented  
satisfied and paied vnto the aboue  
named H. K. his executors Administrators  
or assignes the Iust and full s~~om~~  
some of 20<sup>li</sup> sterling in pure siluer  
or gold without mixture of the  
same weight finenesse and

purenesse that the Current  
moneyes of England are now  
of, at or vppon the last day  
of November next ensueinge the  
Date heereof at or in the  
hall of ~~the hall~~ of the now  
dwelling howse of the said  
H. K. in dublin at one  
whole and entire payment  
without any fraude or further  
delay That then this present  
Recognizance to bee voyde and  
of none effect otherwise the  
same to stand and remayne  
and bee in full force vertue  
power vertue and effect in  
law./

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A Condicion of Recognizance for

## performeinge of Articles

The Condi*ci* on of this Recognizance is  
such that if the aboue bounden  
A B his heires executores and  
*Administrators* and euey of them shall and  
doe well and truly performe make  
good fullfill obserue and keepe  
all and euey the Couenantes  
grauntes, articles, Clauses and  
agreame*n tes* on his *parte* to bee  
performed, obserued, fullfilled  
and kept; contayned mencioned,  
or expressed in one deed indented  
made beetweene the *said* A. B.  
of the one *parte* and the aboue  
named H H.K. of the other *parte*  
beareinge date with theise *presentes*  
for and concerninge the townes  
and landes of Tom &c in the County  
of wexford And if the aboue  
bounden A.B. and his heires  
~~and all~~ and all and euey other

The beautyes of that face  
of thine  
And Cupids ~~that~~ <sup>there</sup> with in thine  
Eyne  
have stroke such dartes into  
myne hart.  
That I feele nothing Eles  
but smart

M N M A

The Lord is onely my  
sheppard

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## The bitter Decoction

Take of Century=tops, Camomile=flowers, of each  
~~two~~ <sup>four</sup> pugills; Gentian=root sliced thin two Scruples  
Cardus seeds halfe an ounce. Put these into

a pinte & halfe of spring water & boyle them  
very slowly to a pinte, let it stand to settle  
then pour of the cleere & keep it for vse/.

The same.

Take Gentian=roote a Dram, Cardus=seeds a  
Dram & halfe, the tops of Century a quarter  
of a handfull, Roman Wormwood a dram  
Infuse these in a pinte of white=wine  
with a Dram of Camomile=Flowers for  
3 or 4 dayes, whereof drink two Spoon fulles  
every morning, after you have finish'd  
the takeing the powder, fasting two or 3  
houres after it

person or persons seised or  
possessed or which shall here=  
=after bee seised or possessed  
to the vse of the<sup>i</sup>m ~~or either~~  
~~of them~~ or in trust for  
the<sup>i</sup>m ~~or either of them~~  
shall and from tyme to tyme  
and at all tymes when they  
shall be therevnto required  
by the *said* H.K. his heires or  
assignes leaves and acknow=  
=ledge to the *said* H.K. and his  
heires or any other nominated  
by him and his and their  
heires a fine sur Connisance  
de droit Come Ceo) of and  
in all and singuler the  
premisses Then this Recogni=  
=zance to bee voyde other=  
=wise to stand and remayne  
in full force and effect  
in law./

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## 1 To make Almond milke

Take blanched Almonds, braie them  
in a mortar then with fayre water straine

them, but make them not to thicke nor  
to thine, then putt them into a potte with  
a quarter of shuger and lett them boile  
Then take them frome the fire and take  
a manchett well dressed and stik it in  
malmsey putt in the milke and soe seru<sup>e</sup>  
it forth.

## 2 To make good Alegarr

Take the strongest of your wort before it bee  
boyled, and when it is coole putt barme  
to it, and to twenty quarts of Alegar putt  
a quart of beanes brused in a mortar and  
a good handfull of Elder leaues bound vpp  
with a thread, then putt all into a vessell -  
stopt close and it wilbe very good  
take the twerles of vine and put therein

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## 2 To make good Sasages 3

Take the flesh of a legg of porke, and putt  
to it three pound of beefe suett, and when  
they are minced very small, take a hand-  
full of sage, halfe a handfull of tyme  
and halfe a handfull of sweete margerom  
shred all these herbs very small, then  
grate one nutmegg, with pepper and salt  
asmuch as you shall thinke fitt, blend  
altogether, then take three eggs beate the  
white with it very well, then putt  
altogether, and worke it with your hands  
like dough till all bee very well  
mingled, then putt it vpp in an earthen  
crocke, and when you would spend  
any of it, roule it as long as you please  
then fry it in the frying pan as much  
as you please, it will keepe a fort=  
night very well.

## peast for tarts or Cheese Cak

take a pint of flower & rub a quartor of a  
pound of fresh buttar in it then beate  
2 eggs with a spoonful of duple refind  
shugar and put to it 2 or three sponful

of creame kned it as litle as you can  
and rowle it very thin put it into litle  
pans dont fil them to full

#### 4 To make a Netts foote pudding

Take one neates foote, and shread all the  
meate of it very small, then take a  
whole manchett grated. putt what  
currans you thinke fitt, and such spices as  
as you season other puddings, then take eight  
egges, putt foure of the whites away, then  
beate them all very well with rose water  
and creame, asmuch as you thinke will  
blend it, then stirring altogether very  
well, bake it or boyle it *which* you will  
and it wilbe an excellent pudding,  
you must putt what suett you thinke  
fitting into it./

#### to make Cheese Cakes

Take a dusin of ~~eefon~~ of flower  
eggs and boyle them hard then take  
the yolkes and pound them with fresh  
butar somthing more then halfe a pound  
and naple bisket, a quartor of a pound  
of almonds, and some Creame & shugar  
and nutmeg what quantity of Currans you  
think fitt 1691

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4

#### For the Goute 5

Take of Mallower hemlocks  
and houseleeke of each a handfull, boyle  
these in the ground of strong beere, with  
halfe a pound of mutton Suett, bath the  
ffoote with the Liquor and putt the  
poultres to the ffoote, vse this a day  
morning and Evening.  
Probatum est 6

## A Receipt for the Yallow Jandies

Take of Tumerick ruberb Ivory and Saffaron each one ounce, dry all these a and pound them, and sift it all through a peece of tiffinie, then take as much of the powder as will lye on a six pence, in 3 or 4 spoonefulls of white wyne or sacke, twice a in the morneing fasting, and about 3 or 4 a Clock in the after noone, vseing exersice, after taking itt take this for 9 dayes, and then rest a day or two and take it till the quantity is vsed/

## To preserve Peaches 7

Gather *your* Peaches in Drie weather take out *the* Stones lay them a day in *the* sunne to drie then rubb ouer with fine sugar and the next day sett them in *the* sunne againe and rubb them with sugar as often as they drie till they haue gathered a crust vpon them, then keepe <sup>^ them</sup> drie for *your* vse

## To make Conserue of Burrage 8

Take *the* fflower of Burrage, cutt away the white beat them very small putt thereto some Clarified hony & foure times as much sugar as of *the* fflower and soe make *your* conserue, It comforteth *the* heart

## To make perfume of Roses 9

Take seaven ounces of Beniamin in a whole peece lay it in sweet water *the* night before yow vse it then take a pound of damaske Roseswater cutt from them all *the* white sift all the seeds from them then beat them in a morter very fine & *the* Beniamin ~~with them~~ alsoe them incorporate them together, Take a quarter of an ounce of very good muske as much suet and some Amber greece two ounces of ~~very good muske~~ sugar finely beaten and soe let the muske and the amber let the sevet be *the* last knede all these together, make it vp in little cakes put of euery

Every side of them a rose leafe let them lie vpon  
a faire board till they bee drie in some close  
chamber out of *the* sunne or winde, And then  
burne of them att *your* pleasure. And the  
older they bee the better tast they will  
have.

#### 10 To preserve Quinches jealowe .

Take xx<sup>tie</sup> Quinches five pounds of sugar  
or six pounds, if *the* Quinches be greate pare  
them, pyke out the coares and boyle them  
let them seethe till they bee somewhat tender  
then take out *the* Quinches and put ~~them~~ in  
*the* parings and coares then let them seeth  
till the broathe bee somewhat strong of  
the Quinches, then strayne a quart or  
iii pints of *the* best broathe, and a pinte  
of rosewater put in *the* sugar skyme it  
then put in *the* Quinches and let them seeth  
till they bee tender and *the* sirope thicke  
then take up *the* Quinches and put in a  
few cloves.

#### 11 To make Conserve of Quinches

Take *the* Quinches pare them out *the* pythes putt them  
in foure quarters and boyle them in faire water till  
they bee soft then strayne them through thicke  
cannas cloath with as little of *the* water that they  
were boyled in as may bee then weigh them, and  
to a pound of *the* strayned Quinches put a pound  
and halfe of fine sugar, and soe after *that* Quantity  
then boyle them all together till you thincke it  
Enough then put a dropp therof on a platter and  
if you can gett it from *the* platter, then it is sodden  
enough.

#### 12 To make conserve Cherries.

Take *the* ripest unperished, cut halfe *the* stalke away  
wash them in cleane water, put them in a cloath  
till *the* water be gone, then put them in a faire  
brasse panne, with fine sugar well beaten cast

upon them. soe boyle them together three houres  
with a soakeing fire vntill *the* Juyce *with**the* sugar  
turne to a syrope then put the same into a glasse  
well stopt. to every three pound of cherries a pound  
and halfe of Sugar, and in boyling two or three  
Spoonefull of rosewater in and if you will a few  
stickes of Cynamon cut in small peeces.

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8

### 13 To preserve Quinches whole

Take *your* Quinches core them bore *the* holes soe  
small as may bee then pare them and put  
to every twelve pounds of Quinches five pound  
of sugar wash *your* quinches faire sett them on *the*  
put to them noe more water then will cover  
them with pinte of rosewater boile them with  
a softe fire for breakeing and as they seeth  
put in five maces and xii cloaves, and soe  
let them seethe, then take a little in a spoone  
and sett it to coole and when *your* syrope is  
sodden it will waxe stiffe, then take it from  
the fire, and put it into an Earthen pott, for *the*  
brasse will make them soure.

### 14 To make Marmelad of Quinches apples or peares .

Take Quinches, aples, or peares, pare them core  
core them seethe them in water till they fall in  
peeces strayne them through a linnen cloath, and  
cast that away *which* will not goe throughe, then  
for every pound of Quinches, aples or peares  
take halfe a pound of sugar boile them together  
adding thereto a little white wine and stir them  
with a stiring sticke and boile softe will they

be hard *that* a dropp therof put on Sawcer being  
throughly cold wilbe soe congealed *that* with a fillipp  
it may welbe stricken away and noe part remaining  
behind.

### 15 To make Almond milke

Take blanched Almonds bray them in a mortar then with a faire water strayne them, but make them neither too thicke, nor too thinne, then put them into a pott with a quarter of Sugar and let them boile, then take *them* from *the* fire, and take a manchett well dressed and steepe it in malmsey, put it in *the* milke and soe serve it out.

#### 16 To make right biskett bread

Take fine flower dried in an oven and after bread come forth thereof then take a quantity of butter vpon a chafing dish of coales with a little rose water and six youlkes of eggs melt the butter gently beate *the* eggs and put them into *the* flower, then take coriander <sup>^ seed</sup> a penny worth and anniseed halfe a <sup>^</sup>halfe penny worth well dried and pickt a penny worth of cynamon and one sticke of lycoras beat the cinamon lycoras and space them with a very small quantity ale barme then worke it up to paste, make it not soe stiffe but handle gently, put in six pennyworth of Sugar as you mould

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*your* paste. Then mould up *your* paste round like a loafe then make a coffine rounder, bigger, and higher, then *your* paste by three inches then rubb *your* coffine with within on every side that *the* paste sticke not therto then close it up and put it into *the* Oven and let it bake very gently *that* it may be a bakeing an houre and halfe or more. then take it forth and let it stand till it be very cold, then take a Sharpe knife and sticke it diamond fashion or other fashion as as you like, then take rosewater a spoonefull, sugar the white of two Egges beat them very well and skimme of *the* froth & leaves then take all *your* peeces before cut and Joyce them over therewith. then take sugar bisketts and carrawayes, and strew them over *thevse* Joyce on every side peece some then sett them on paper in an oven where out cometh bread new baked or gently heat and and lett them stand till *the* Joyce be hardned and very white.

#### 17 To make Surfitt water

Take two quarts of sacke and put therto as many

of *the* wilde poppy flowers *that* groweth in corne  
as will be steeped in *that* sacke then put therto  
nutmeggs giner mace and a small quantitie of  
cloves, and let them steepe all night, next  
morning still it with a lazy fire in an ordinary

still and then put the stilled water into a broad  
^ mouth glasse and put a good handfull of poppy flower  
into it to collour it and either sett it into the still  
again or else in *the* sunne and then put it up into  
glasses with a little hard sugar in it to drinke  
it.

#### 18 A medicine for a Sore breast

Take a good handfull of linseed bray it in a mort  
-er take white lilly roots seethe them  
in milke with the seed on a soofte  
fire and when the rootes be soofte  
take boares greece that is in a bladir  
mingle it small put them altogether  
in a mortar breake them then take  
thereof so much as will make a plas  
ter and laie it to the sore and as the  
sore healethe make the playster lesse  
and warme it at the fire when you  
laie it to the sore and by gods grace  
it will help you

#### 19 To make a water for the Canker

Take two handfulls of woodbine leaves or flowers  
of ... honny sugar house leekes of each one handfull  
of Rue and Rosemary as much Seeth all these in a pott  
of faire water to a quart then take out the

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the hearbes and put into the liquor the bignes  
of ~~th~~ two hazle nutts of good allum lett  
it be melted therein. then take two good  
spoonfulls of honny and lett them seeth  
together, skimme of that *which* riseth  
strayne it and wash the sore therewith

## 20 ffor the Evola

Take okecorne cupps, red rose budd dried  
the flowers of pomegranate of each of them  
two drammes brused seeth them in halfe a pinte  
of plantane water a quarter of an hour  
then straine it and vse to gargrate it  
in *your* <sup>mouth</sup> ~~mounth~~ this s will soften the  
Evola and keepe it from fallinge

## 21 To make a searcloath

Take fower ovnces of vnwrought wax  
halfe a poound of ffrankinsense, three quarter  
of a pound of Reyson boyle <sup>^</sup> euery of them by it selfe  
trie them a space as you canne then put them  
altogether, then take four ounces of tried  
sheepes tallow boyle them altogether vpon a  
softe fire put thereto a penny worth  
of Cloues small beaten & then dip *your* cloth  
therein

## 22 To avoide ffleame

Take a good handfull of ground sill wash it in  
boyle it in a quart of Ale first skimme it clean  
put thereto halfe a handfull of Reysons as many  
currans and two penny worth sugar candy boile  
all together till halfe a pinte and lesse, then  
straine it hard, drinke it blood warme fasting  
at six of *the* Clocke in the morning and fast  
till twelue and if it worke too sore drinke  
a little Ale or beere and it will be gentle

## 23 A very good medicine for a soare mouth

Take lavender cotton, hearbe grace Isop red  
sage collombin red fennell wilde bramble leaves  
rosemary of each an handfull seeth them in  
runing water from a pottle to a quart then put  
into *the* water as much roache allome as a  
wallnutt and as much honie as will make  
it sweete then put thereto bayes and vene  
ger to season it then take a fine lynen

cloath and strike ouer *your* gums & teeth  
often and wash *your* mouth with the w  
water

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24 To stanch bleeding at  
the nose or any other wound

Take the combe of a red cocke drie it in an  
oven beate it to fine powder put it in the  
nostrill or wound and it will leaue bleeding.

25 ffor bleeding or spetting bloud

Take *the* barcke of an oake grate it to  
powder mix it with *the* powder of sinamon  
and Drinke it

26 ffor *the* tooth ache

Take red sage, Rosemary, time, of each three  
cropps as much allom as a hazell-nutt seeth  
them in a pinte of runing water to a ~~pinte~~<sup>*the* halfe</sup>  
then straine it through a clouth and put  
thereto a spoonfull of rose water, and when  
*your* teeth ake warme a spoonfull and wash  
*your* teeth therewith

27 A medicine for a Consumtion

Take a redd Cocke pluck him aliue hang him by *the*  
heelee, beate with birch rodde till he be dead then quar  
ter him in four peeces but wash him not at all. put  
*the* four quarters in a pewter pott of a pottle, put  
thereto a pinte of malmesey, half an ounce of  
of Sinamon a quarter of an ounce of longe pepper  
as much veneger, an ounce of sugar and four  
good nuttmeggs, then putt this pott into a great  
pott of water seeth it six houres on a soft fire  
stopp the mouth of the pewter pott with paste  
that noe heate gett out, then after six houres  
take out the cocke and let the sicke drinke *the*  
broth luke warme at diuers times take *the* fleshe and  
the broth *that* is left, and make a culld for *the*

sicke to eate when he will.

## 28 For the Collicke or Stone

Take a quart of white wine a good handfull  
of grumwell seedes, halfe an handfull of  
Bromeseede stamp them together, and seeth them  
~~together~~ till in *the* wine till halfe bee wasted  
and before it be thorowly sodden put into it *the*  
shell of a new layd egge beaten to pouder  
and lett *the* patient drinke thereof three  
spoonfull, morning and Euenings

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## 29 A water for *the* heate of *the* liver

Take endiue, liuerwort, fumitorie, scabias,  
sorrell, burrage, violett~~es~~, Somers settie  
morell of each an handfull putt there  
to a quart of red veneger and still *them*  
this water doth greatly coole *the* liuer.

## 30 A good water to staie either heate or drought

Take a pottle of faire water, put therto of  
Succorie, & dife violett leaues of each an  
handfull, two Fennell rootes two parsley rootes  
lett them boile from a pottle to <sup>a</sup> quart  
then straine *the* water, put therin a  
little sugar sett it on *the* fire againe  
and when hath once boiled take it off  
and giue *the* sicke to drinke hott or cold  
as he may best drinke it, lett him haue  
enough and noe other drinke and it will  
helpe him

Mary P. Risete

~~Scientia Numerandi Tradit Arithmetica numerorum cognitoridem  
cuius sunt partes septem; recte numerare  
addere subtrahere, et bene multiplicare secare  
progredi et apposita radicis extrahere arte~~

31 A medicine for sore eyes.

Take at one tyme halfe a handfull of hopgrace  
shred as finely as may bee, and a pretty  
quantity of white frankensence, and the white  
of a new laid egge beaten, and a little redd  
rose water, putt all this together temper them  
very well, take then a pretty quantity of flax  
and lay all these vpon it, and lay it to the  
neck and lett it lye there foure and twenty  
houres, vse this and wett *your* towe in ~~redd~~ rose  
water and ringe it out againe

32 A medecine for a stick well appraued

Take the rootes of Colewort and hoppes, of each an  
ounce., vervin, mugwort, sage mynt, worme-  
woode, tansey and mother wort, of each an  
handfull, putt all this in a common still  
and distill them and drinke of it as you  
haue cause

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33 For the yellow Jandies

Take garden wormes, slyce them, beate them to  
powder, and either drinke it in possett Ale with  
the powder of Turmericke or else eate them  
alone with pottage.

34 ffor stopping of the spleene

Take harts tounge, endive, liverwort and suckery  
of each an handfull, three croopps of worme  
wood, borage flowers, buglass flowers,  
maiden haire, of each of theis a handfull  
three fennell rootes, five parseley rootes,  
seethe all theise in a pottle of runing  
water; to the halfe, then straine it, and  
putt thereto five ounces of fine sugar  
lett it boyle easily halfe an houre, with  
a quarter of an ounce of Synamon, and  
as much spikenard in a linnen cloath  
of this sirropp drinke evening and  
morning foure or five spounefull  
at a tyme bloud warme

### 35 A sirupp for *the* Cough of *the* Lungs

Take a pinte of Isope water halfe a pinte of red rose water 4 ounces of yealow sugar candy 3 spoonefulls of annyseed brused, a good quantity of Lycoras sliced seeth all this together till they bee a syropp then straine it in a glasse give it to *the* patient in a spoone bloud warme both morning and evening or at any time lett him take it by little and little although it be painefull this most excellent and well approued

### 36 ffor a Tympany

Take raddish rootes slice them in a ~~pint~~ white wine from a quarte to a pinte drinke halfe a pinte every morninge and soe doing will breake your timpanye

### 37 A fume for the timpany

Take a pottle of white wine a gallon of runing water and *the* dung of stone horse lett them seeth an hour then sett it over it & vpon a close stoole soe that as you may suffer it, vse this as it will helpe A you

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### ffor a Bruse 38

Take Seales grease either sodden roasted or stilled and annoyte the bruse therewith it is a present remedy for it.

### 39 ffor the Canker

Take a gallon of Ale, redd filbred leaues peneriall redd sage woodbine of each two handfulls seeth them all together and when it is almost sodden to *the* halfe put to it foure spoonfulls of stone honey &

the bignes of an Egg of roache allom  
then straine it, and when it is cold  
put it into a glasse wash the soare  
place therewith warmed and it will  
helpe you

40 ffor a squinsey

Take veneger and treacle boyled together  
take *the* topps of Rue binde *them* in bunches lett  
*the* starte be long dipp them in veneger when  
it boyleth and soe putt it in *your* mouth  
gargas it and it will helpe you

41

ffor a Canker whether it be in *the* mouth  
throate or Nose

Take Skerlett in graine burne it on a tyle stone  
made red hot in *the* fire till it be burne coale blacke  
then burne allum till it be white beat them into  
fine poudre and if the Canker be in throate or -  
Nose blow some of the powder in with a quill 2  
or 3 houres before meate, and when you meane  
to eate wash it away with a water for *the*  
Canker and if it sore in throate that it -  
cannott gangrace winde fine cloathes about  
a sicke wett it in *the* same water wash -  
therein *your* teeth and throate, and in what  
place soever wash it alwaies befor meate

42 To heale a theater quickly

Take selandine pennywort & hearbe bennett as  
much of selandine as of *the* other two hearbes then  
take *the* third parte of brimstone put all this together  
seeth it till it be soe thicke *that* it will lie vpon  
they naile and therewith annoyte thy tetter

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43 To draw downe a Rheume

Take a pinte of mustard a pinte of stronge  
veneger 3 rootes of pellytory of spaine a peny  
worth of spikenard bruse *the* rootes and *the*  
spickall together boile them till they wax  
thicke then straine it take halfe a sponefull  
at once bloud warme with *the* spoone hold  
it in *your* mouth, and when *your* mouth -  
waxeth full of fleame take out *the* spoone  
and spitt out *the* fleagme and take th as  
much of *the* medicine againe

44 ffor *the* heate of *the* liuer

Take liuer-worte sinkfoyl suckary greene  
Endiue Bougglasse or burrage seeth them all  
in whea and drinke thereof

45 ffor migram in *the* head

Take monseare, ribwort, primroses, of each  
an handfull seethe them all in white wine  
till they be tender then bruse them betweene  
two trenchers and lay them to *the* head  
*Probatum est*

46 ffor sore Eyes

Take an hard Egge cut away *the* yolke put to it  
a little roach allom and a little honey, wringe  
*them* thorow a cloath all together lett *the* patient  
put two  $\text{æz}$  dropps in his eyes 3 times a day &  
lay himselfe downe vpon his Backe a quarter  
of an houre after

47 ffor paine in *the* Backe

Take *the* leaues of Clary frey them in *the* yolks  
of Egges and Eate them in *the* fasting

48 ffor scaldinge

Take sallet oyle & faire water beat them well  
together and with *the* vpper parte thereof anoint  
*the* sore place with a feather it must be lukewarme

till *the* fire be taken out

49 ffor a burninge

Take sheepes dung and sheepes suet frey them  
straine them make a plaster thereof it to *the*  
sore luke-warme

50 ffor a woman *that* hath a dead child  
within her

Tale Betanie, vnsett leekes, rosemarie, Isop,  
peneriall bursa pastoris of each an handfull  
stampe them with Ale or Beere make it warme

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24

lett her drinke it and an houre as vpriht  
as she can *that the* goe not vpward

51 For *the* Emerodes

Take an handfull or more of molleyn as much  
& use mary leaves stampe them with oyle oliues  
and old Barrowes grease, or Deere sewett boile  
them stampe make thereof a plaster and  
laie it to *the* place soe warme as *the* patient  
can suffer it

52 For *the* Piles

Take sheepes suet and *that* rootes Orpyn  
grinde them small mingle them with  
fine powder of brimstone in manner  
of an oyntment and annoyte *that* boile  
therewith.

53 ffor a child turned wrong in *the* mothers  
wombe

Take two cropps of sotherwood. as much  
Isope a little bursa pastoris a little pene  
riall as much vnsett a little betony  
Stampe them, temper them with a little  
Ale Straine it, make it luke warme

and giue it *the* patient to drinke three

three times in two houres

54 For the Woman that cannot be deliuerd

Take 3 or 4 sett leekes stampe them mingle them with may butter in ale thereof a plaster lay it warme to *the* Navill a litle while, and giue her to drinke *the* powder of ditten in warme Ale.

55 To knitt Synewes *that* bee cutt

Take *the* Iuyce <sup>of</sup> Elder leaues and *the* powder of redd wormes wash *the* wound with Iuyce and cast *the* powder in *the* wound

56 ffor the Strangulion

Take *the* berrys of Ivy and fill vp a little pottful of them bake them in a oven as long as batch of browne bread then take xv pepper cornes and xv dried berries make them in powder, & with wine and ould ale giue *the* patient to drinke xx<sup>ty</sup> dayes and euery other day make a plaister of water crestes soddon in lees of wine, or fine ale, and when it is soddon cast therein wheat brann make thereof a plaister and bind downe ward, from *the* Nauill

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26

Vse both *the* drinke and *the* plaister at night after supper be digested

57 ffor *the* stitche

Take Juniper berries, holly berries, Oakcornes calamus aromaticus, redd sanders sett wall ginger of each a like quantity beaten to fine powder vse to drinke it in malmesey and it will helpe you

58 ffor the Itche

Take a gallon of licampana rootes as many  
red dockes rootes picke out *the* pith of them  
both boile them in running water till they  
be soft then straine them take a quart  
of new clarett wine veneger and a pound  
of and a halfe of sweet butter boile them  
all together lett them stand till they bee  
told then put in two ounces of brimstone  
small beaten stirr them together put  
them in an earthen pott anynt *your* selfe  
therewith a gainst *the* fire chafe it well into  
*the* flesh and it will helpe you

59 ffor the plurisy

Take a wheaten cake or a Key cake bake it in  
an oven then slice it in *the* midst spred it with  
tarr and soe hott as you can suffer it laie it  
to *the* place where *the* greife is & it will helpe you

60 ffor an ach where soever it bee

Take 3 pintes of white wine, hearbe=grace, bloud  
wort, red sage horse mints of each an handfull  
but most of Rue lett them seeth till *the* wine  
bee almost consumed, then put in a pint of  
sallett oyle & a quarter of a pound of vn-  
wrought wax, lett boile together till *the*  
wine be consumed then put in some Camell  
grease if you can gett it if not it will  
doe without

61 ffor waterie Eyes

Still strawberries, dresse *your* Eyes with *the* water  
it breaketh *the* webb, it cleareth *the* sight whe-  
ther it cometh of hott cause <sup>^</sup> or of could it drieth  
waterie Eyes

62 A plaister for paine in the back

Take Agrimony, mugwort, & Betony,  
both leaues & rootes, stampe them with  
old grease & veneger, or vergise & lay  
a plaister thereof to *the* sore and it  
will helpe you

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28 63 For the paine in backe

Take of quart of malmesey, an handfull  
of balme as much neepe as much maidenweed  
*which* is a stinking hearbe it hath a flower like  
a daysey stampe them strayne them into *the*  
malmesey or put some of *the* malmesey to  
them in stamping, and strayneing ^ it into *the* rest  
drinke thereof a good draught any morning  
fasting and *that* night when goe to bed, & in  
three or foure dayes it will helpe you god  
willing.

64 Evills for *the* stomacke & for one *that*  
- cannot Eate

Take an handfull of sentuary seethe it  
three quarts of old ale till halfe be wasted  
then put therto a pinte of pure honey boile  
them together keepe it in a cleane vessel  
& take 3 spoonefull thereof fasting euery  
day it driueth phlegme and corruption  
from *the* stomacke.

65 Another for *the* same

Take two spoonefulls of sallet oile two spoon-  
fulls of aquavite drinke it in a morning six  
or seaven dayes together and by gods will  
it will helpe you

66 A medicine for plague given by King Henry  
in his army at Bullogne 1536

Take a handfull of sage of vertue as much  
hearbe grace as much of Elder leaves as much  
red bramble leaves stampe them all together  
in a mortar & straine them with a quart of  
white wine or a quantity of good white

wine veneger

67 To make buttermilke water

Take marygolds, violet leaves, strawberry leaves, wood sorrell fiue leaved grass & wood bine leaves, burnett, collombine, burrage buglas, endive, suckery, mallowes, wild time of each a handfull, liuer wort, plantane.

68 To stopp *par* breakage

Take mind, savory, *the* rime of an ash, of each one handfull stampe them fiue put thereto three or fower spoonfulls of veneger and a few crums of leauened bred then put them in a platter and ouer a chafeing dish of coales make it very warme, then put it in a bagg quilt it and lay it to *the* stomacke as warme as may be suffered.

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69 a plaister for wormes

Take a bullocks gall 3 or 4 vnsett leekes cutt fine a little baie leaues and comin in powder fry altogether and and a hott as may be suffered binde to *the* Nauill

70 A plaister for *the* Collick

Take a good handfull of feather-few as much of new pidgeons dung stampe them together frie them together with some fresh butter put it in a bagg and as hott as may be suffered lay ~~them~~ ^ bind it to the Nauill and soe soone as it waxeth cold haue another of *the* same hott and ready lay it in his place heate *the* other againe and soe apply it -

71 ffor burning or scalding

Take sheepes sewett and sheepes dung or  
Turtles and fry them together annoynt the burnt  
place therewith twice euery day couett not to wash  
*the* sore with any thinge for *the* medicine will  
fall away it selfe as it doth heale

72 To draw out a thorne

Take *the* gall of a barrow hogg cut a peece of it & lay  
it to *the*. place where *the* thorne went in and bind it fast  
bird lime is also good for *the* same

73 To make an oyntment for to aswage swellinge or  
to keepe *the* sinewes from shrinking

Take cleane barrowes grease and a good quantity of sage  
boyle then together vpon a chafeing dish of coales and  
when *the* sage is drie straine it thorow a cloath and soe  
annoynt *the* sore

74 To make tints for a wound or soare

Take a peece of salue and melt it and then scrape  
some lynt and put it into *the* salue *that* is melted and  
when it is through cold you make it of what legth  
and bignes you will and soe keepe them from dust  
till you vse them

75 ffor a stinking breath

Take of browne mint with Iuice of Rue like much put  
in *the* nose and it will make *the* breath sweet

76 ffor fleame in *the* stomacke

Take beare and seethe it and skimme it cleane put there  
to a good quantity of sugar and *the* powder of  
a raze of ginger drinke therof

77 ffor *the* yealow Iandice a Marmelad

Take pome water or other leuen aples bake them  
soft then take away *the* wares and *the* skinnes then  
put it into a pewter dish put therevnto three spoone

fulls of honny one spoonefull of treacle one spoone  
full of turmericke in powder one spoonfull

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32

of english saffron one spoonfull of vnycornes horne  
and two spoonfulls of Ivory boile these together till  
they be thicke eate ~~them~~ of it morning and

euening

70 To staunch bleeding at the nose

Take a peece of plaister of prise as bigg as a  
goose Egge beat it into fine powder then take  
*the* white of Egge and beate it well put there  
to one spoonfull of Rosewater as much veneger  
beate them againe together, then take *the* powder  
and put it in thicke like mortar last of all  
make thereof three balls pressd them ~~hard~~  
flat lay vpon them sufficient of *the sai* 1d paister  
of these balls lay one to *the* patients forehead  
and to each temple one bind them fast with  
~~and~~ le kerchiefe and lett them lie xxiiii  
houres but he shall leaue bleeding in a little  
while this is a restraintise emplaisler.

79 ffor *the* Cough a plaister

Take great Rezon *the* stones taken out boile  
them in clarett wine till they be soft spread  
them on a cloth lay it vpon *the* Stomacke  
warne and when it is cold warme it againe

80 ffor a paine in stomacke

Take wormwood, featherfew, mynts and crumms of  
browne bread ffrankincense or comminseed in  
powder boile them all in malmesey put it in  
a cloath and lay it to *the* stomacke warne

81 A d rinke for *the* landice

Take *the* rootes of dockes scrape them cleane  
slice them and and put them into a vessell of  
new ale lett it stand till it be stale then drinke

thereof morninge and Euening

82 A medicine for them that are  
poysoned

Take an onyon of *the* reddest stampe it straine  
it with ale cast in it a quantity of salte and  
drinke thereof

83 ffor a sore Papp or breast

Take an handfull figgs and stampe them till *the*  
kernells be broken then temper them with a little  
fresh grease heate it and a plaister thereof  
and a lay warme to *the* sore it will It will take  
away *the* anguish and swelling and if it bee  
apt to breake it br will breake it or els  
nott.

84 A water to wash a sore legg  
An old sore

Take *the* ashes of Ash wood and make lie  
therof put to *the* lie a little allum as much  
madder seeth it straine it and keepe it wash  
*the*

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34  
*the* sore therewith It will keepe it cleane  
*that* with a healing plaister it may heale *the* sooner  
make *the* lie sharper of *the* Allum and mudde  
and as *the* proudflesh and filthy messe of *the*  
sore requireth

85 To heale an new wound

Take *the* Iuice of Isope and wash *the*. wound  
therewith and ~~the~~ take *the* hearbe whereout  
*the* Iuice was wrung and lay it to *the* wound  
Evening and morning -

86 A drinke for a Rupture or bursting  
of a man childe bellie

Take *the* greene Rynde of a walnutt tree or  
boughs *the* outer barke being taken off & seeth  
it in L milke and make a possett thereof  
with strong ale if there bee any to bee  
gotten take *the* curdds thereof and truss  
vp his coddcs with *the* same curddes &  
lett him drinke *the* possett ale;

#### 87 Another

Take a dozen of branches of maudlin stampe  
them straine *them* with ale and giue it *the*  
patent first ~~*the*~~ & last also seeth figgs in  
strong ale and straine *the* Iuice of them in *the*  
*the* ale and then with make *your* possett aforsid

#### 88 Another for *the* same

Take browne bugle playntane penireall  
of each one handfull three leaues of Elecam  
pane cutt them small boyle *them* in stale vrine  
putt in wheat brann sufficient seeth them  
and make a poultis bynd it warme when  
it is cold warme it againe or make anew  
lett *the* sicke drinke drinke in *the* morning  
fasting and in *the* Evening two houres before  
supper *the* Iuyce of knottwortt is otherwise  
called daysees *the* leaues and rootes pounded  
and strayned with a little drinke lett hem be  
conveniently trussed and keepe his bed two or  
three dayes, lett him abstaine from veale  
freesh beefe, goose, milke, pidgeons Eeles &  
all such dangerous meate

#### 89 ffor *the* Collicke and *the* stone approued by Docter Wendy and others

Take turpentine of venice and wash it in 3  
or 4 waters of burrage or sorrell or cleane  
running washing it make it white then take

36  
of *the* turpentine so much as you maybe swallow  
at once vpon *the* point of a knife make there

of a pill in powder of Lycoras or Sugar  
and swallow it quickly in the morning and  
fasting an houre or two after

90 A corasie to take away dead flesh

Take vitriall or greene Coperas one ounce  
allum two ounce burne them over *the* fire  
in a fair pann till you see it throughlie  
dry then rise it vp beat it into powder  
and lay some thereof vpon *the* proud flesh  
as you see cause Vnguentum Egiptiacum  
is very good for *the said* proud flesh

91 A salve for a cut bruse or any  
other sore

Take of hearbgrace an handfull of  
Sage, plantane, orpen, hemlocke  
valerian, tutsim or Amber leaues Rag=  
wort, gratia dei mallowes selfe heele  
docke, a leafe of Smallage blocklim  
of each an handfull 5 pounds of clarified  
Sheepes suett <sup>iiii</sup><sup>li</sup> of Raysin 4 pound

of vnwrought wax bruse *the* hearbes  
together in a stone mortar then take *the*  
a great kettle and put therein *the said* suett  
Raysins wax and hearbes sett them over  
a soft fire of coales let them boile softly  
stirr them continually with a sticke and  
when you see them rise in *the* kettle  
take *the* kettle of *the* fire quickly or  
else it will be on a flame and put *the*  
house in danger and when it is falne set  
it on *the* fire againe and let it boile soe  
twice or thrise then take it from *the*  
fire and lett it coole a little then take  
a course cloth and straine it part it  
*the* one halfe for drawing *the* other for  
healing for *the* drawing part put to  
it a pound of frankincense when it is  
almost cold you may worke it with  
*your* hands make it in round balls and  
when it is throughly cold lay it vp in  
some faire place till yow haue need of it  
then spred it vpon a linnen cloth and

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make a plaster and lay it to *the* sore  
If yow annoynt *your* hand with fresh  
butter in *the* working yow may make *the*  
roules of or balls *the* smoother

92 A medicine for *the* toothacke

Take one handfull of sinkfolie and boile  
it in a quart of water till a pinte then  
take *the* water and *the* hearbes put them  
into a very narrow mouthe pott hold *your*  
mouth over *the* pott a good space and it  
will ease yow

92 ffor a ffistula

Take two handfulls of sage, groundsill  
Elecampane, boile them together in fair  
water from a pottle to a quarte and  
then strayne it, wash *the* ffistula  
therewith It must bee ministered with  
a Syrene.

93 ffor *the* Migram in *the*  
head

Take an handfull of Ale hoofe, stew  
it betweene 2 tyles lay it to *the*  
Nape of *the* necke.

A water ffor a sore Mouth if it  
94 be a Canker

Take two handfulls of Woodbyne leaves  
or flowers of Sinkfoile, sage, house  
leekes of Each an handfull of Rue  
Rosemary of either halfe an handfull  
seeth all in a pottle of faire water till  
almost halfe *the* water be sodden away  
then take out *the* hearbes and put  
in *the* liquor *the* bignesse of two hazell  
nutts of allum, let it melt therein  
then take two spoonefulls of honny &

let them seeth a warmth together  
skymme off *that which* riseth, & straine it  
& wash *the* sore place therewith :

95 If it be *the* heate of *the* Stomacke  
onely

Take an handfull sage, and another  
of house leekes seeth them in a quart

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40  
of water till it come to a pinte  
then put in *the* weight of 2 grouts  
of alum & one spoonefull of honny  
skimme it straine <sup>^it</sup> wash *the* mouth  
therewith twice a day

96. To make a man to sleepe

Take *the* gall of an hogg and *the* juyce  
of hemlockes of each like quantity  
when you well vse it take *the* quantity  
of a nuttshell=full & put it in his  
drinke & he shall sleepe 3 dayes  
if you suffer him when you will  
wake him rubb him about *the*  
temples with veneger and he  
will awake presently.

97. For *the* payne in *the* backe

Take *the* leaves of Clary fry them  
in *the* yolkes of Eggs and take them  
in *the* morning fasting

98 For *the* Scyaticu or any other  
Payne or Ache

Take arsmart in may & sheepes gawles  
of both as much as will fill an Earthen  
pott and sett *the* same <sup>^pott</sup> in a dung hill from  
May till march close stoppe then take  
it out & stirr *the* hearbes and *the* gawles  
together, then take brocks in may  
butter and oyle=olive of either of them  
like quantity boile them all together vpon

a soft soft fire straine as much as you  
can and lay this oyntment vpon *the* place  
of you r greife and vse to put 3 seavecloths  
vpon *the* same.

99. For the dropsy and to

cleanse *the* Reines

Take and seeth all Fennell <sup>^ rootes</sup> after *the* wood it be  
taken out in white wine & eate them fasting  
of *the* same nature be also persely rootes  
and rootes of spinnage for they provoke  
bryne all

100. The Kings medicine for *the*  
Plague Author Henry 8

Take sage of vertue Rue, Elder leaves  
redd bramble leaves of Each an handfull

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stampe them strayne them with a  
quarte of white wine then take a  
quantity of fine ginger mingle them  
together let *the* sicke drinke Every  
day a spoonefull ix dayes together  
after *the* first spoonefull you shalbe  
safe xxiiii dayes & after *the* ninth  
spoonfull you shalbe safe for a whole  
yeare by *the* grace of god: Amen

If any be infected before

this drinke be had

Take *the* water of scabias of Betony &  
a quantity of treacle of Iene mixt  
together let the sicke drinke it  
bloud warme it Expell *the* venom

101 If *the* sore appeare

Take bramble leaues Elder leaues and  
mustard seede stampe *them* all together

make a plaster thereof lay it to  
*the* sore and it will draw out all *the*  
venom and *the* sicke shall recover  
by gods helpe

102 To make a bath for swelling  
to breake any sore

Take groundes of beare of Ale sett it on  
*the* fire put thereto a handfull of smallage  
as much of broke lime as much of Mallowes  
as much of Ragwort an handfull of hemlo  
ckes that hath pipes seeth all together then  
put into it one or two handfulls of cromms  
of leavened bread and a peece of sheepes  
tallow or suett as much as any apple spred  
it vpon a ^ peece of white wollen cloath and lay it to *the* sore as hott  
as you can endure it if it wax too thicke with  
often heateing put a few more grounds to  
it.

103 an approued medicine for *the* palsey

Take of *the* flesh of a fox and of a wild catt *the* fatt  
alsoe to the same catt a pound of brockes grease half  
a pound of turpentine a quarter of a pound of hoggs  
grease as much of sheepes tallow frankincense  
ginger, nutmegs, synamon cloues long pepper  
round pepper of each an ounce Rue setuary redd  
mints, sage, margerum gentle primroses, cowslipps,  
of each halfe an handfull chop all these hearbes flesh and fatt together  
let *the* spices be made in fine powther put them with *the*  
gumms into *the* others mingle them well together

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then haue an old fatt goose ready scalded and  
trimmed to *the* spitt stuffe her with *the* aforesai d gear  
rost her at a soft fire keepe *the* dropping and  
annoynt *the* patients greife in *the* palme of *the*  
hands *the* bowing of *the* armes *the* arnepitts and  
and hammes and *the* soales of *the* feete morning  
and Euening -

104 An oyntment for all aches and for  
shrinking of Synewes

Take a pott of neatsfoote=oyle a quart of oxe  
galls a pint of Aquavite a pint of rosewater  
bay leaues Rosemary striped from *the* stalkes  
*the* leaues rootes and spriggs of strawberrys  
lavender cotton of each an handfull beate  
them small putt them in *the* stuffe sett it over  
*the* fire of coales with out flame in a panne of  
~~th~~ two gallons and at *your* owne perill let  
not *the* flame touch *your* stuffe let it seeth  
very well after let it coule *that* you may straine  
it through a course cloath but stirr not *the*  
bottome then put it into a glasse and  
annoynt the greife this oyntment is made best  
in balmes mary -

105 To make one haue a laxe

Take polipodium of *the* oake wash it cutt it in small  
peeeces put thereto a little annyseede seeth it in  
whey and drinke it warme

106 To stopp a laxe

Take *the said* polypodium and seeth it in water  
and put *your* feete therein as warme as you can suffer  
it vp to *the* in stepp

107 ffor burninge

Take *the* white of Eggs beate it till it be like a  
fome then lay it vpon a fine linnen cloth then  
lay it vpon *the* sore place xxiiii houres and when  
you will take it off take womans milke or cowes  
milke lukewarme and dipp therein a linnen  
cloath and soe make thereo~~f~~a plaster through  
wett and soft ere yow take it off and soe doe  
it till you perceau~~e~~ *the* heate to be out of it  
then annoynte *the* plaister oftymes with oyle  
of linnseed and *the* sore when *the* plaster is off  
then take hengreene Isope, plantane, bray  
them small seeth together with may butter  
or deeres suett and when it hath boiled *the* viii<sup>th</sup>

parte of an houre take it off strayne it &  
make a plaster thereof and lay it vpon y  
annoyte *the* sore with *the* oile of linseed for it  
is very good for *the* saueing and gathering  
Skinne

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100 ffor deafnesse of sicknes or  
of burstings that through an  
Impostume stoppeth *the* hearing

Take *the* ioyce of scabias and oile olive and  
boile them well together and as hott as you  
suffer it put into Eares beware it bee  
not too warme

109 To knott a broken bone  
in three dayes

Give the sicke to drinke *the* Ioice of bursa  
pastoris 3 times Every day bloud=warme

110 ffor a webb in a mans Eye

Take *the* gall of an hare and pure honney of  
oack like much meddle them together and  
with a feather lay it on *the* webb and in  
three nights it shall breake

111 ffor *the* acke in Ioynts Shoulders  
or hipps

Take veyne and still it *the* ofter *the* better wash  
well *the* sore place therewith wettared a redd cloth  
therein-and and bind it ti alsoe take venneger and  
salt boile them all together and with  
redd cloth wash *the* sore

112 ffor one that cannot eate

Take of redd mynts, wormewood and suthern-  
wood, of each an handfull seeth then in a  
pinte of veneger, after *the* hearbes be soft  
thicken it with crumm s of brvwne bread  
when it is sufficiently sodden make thereof

a plaster for *the* stomacke  
113 ffor a man or woman that  
is broken  
Take polapdium *that* groweth on *that* oake  
valerian, Annes Rootes of lady trach daisy  
leaves rootes and of each like quantity  
wash them, beat and strewe then, with stale  
Ale, and give *the* patient to drinke blood  
warme, a weeke together, If it bee a child  
Keepe him from crying as much as yow cann

114 ffor *the* Emeroddes

Take a great Onyon and cutt off *the* Topp, cutt  
out *the* hart fill *the* hoale with frankincense  
sett on *the* capp againe then sett it in hott  
Embers, when it is tender roasted take it  
out and peelee it cleane put it in a linnen clath  
bruse it betweene *your* hand, and as hott as you  
can suffer it lay it to *your* funduments

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115 ffor *the* fflix

Take a great onyon cutt of *the* topp make a  
hole in *the* midst as abouesaid putt therein  
a penny worth of saffron and when it is  
roasted wrapp it in a cloath and as hott  
as you suffer it lay it to *your* Navell

116 To breake an impostume and to deliuer  
*the* matter downe wards

Take *the* roote and flower of Delice and  
*the* roote of a lilly grind them together and  
put thereto iii parts of honney seeth them  
in ale or wine straine it giue *the* sicke iii or  
iiii spoonfulls at once and vse it till he  
amend.

117 To draw out a thorne

Take *the* tongue of a fox hang it vp to drie when  
you will occupy of it cutt thereof and lay it  
in water till it be soft bind it to *the* sore &

it will draw it out haue ready *the* gall of an  
hogg dried and hanged vp lay a peece in  
water till it be soft, make a plaster thereof  
and lay it vpon *the* place whereout *the* thorne is  
taken and it will heale it vpp.

118 To make one to pisse

Take ~~parsley~~ <sup>pellitory</sup> and *the* rootes of parsley  
stampe them small temper them with  
Renish or Gascoine wyne and give *the*  
Patient to drinke

119 ffor Ache in *the* Backe or Reynes

Take Bettonie, vervine and mylefoile,  
grind them, straine them with stale giue  
*the* sicke to drinke iii or iiii times and he  
will be whole.

120 ffor wasting of mans seede

Take *the* seed of lettuce, seeth it in Malmsey  
or bastard and giue *the* patient to drinke

121 ffor a man *that* is swounded after  
a great heat, *the* hrease being cold

Take a spoonfull of oile, and halfe a spoonfull  
veneger, beat them together, and giue him to  
drinke

122 To restore *the* sight

Take *the* Iuyce of honey suckles of *the* hedge  
and fill *the* Eyes therwith with a feather vse  
this xvi daies.

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123 ffor Eyes that serne cleere and  
seeth nott

Take *the* Iuyce of Chelindoine, salendine,

and honey, stirr them till they bee thicke  
as an oyntment annoynt *the* temples therewith  
and wett a peece of wollen as broad as  
*the* temples and therevnto bind it fast  
vse this a month.

124 ffor an akeing of an old wound  
healed vp too soone and to open  
it againe

Take Neepe stampe it with wine  
and Drinke it.

125 If *the* wound be too soone healed

Take wilde Neepe made in powder and  
cast it on *the* wound and it will open.

126 ffor *the* Gowte

Take two handfulls of mallowes, one  
handfull of nettles, seeth them in vse  
till they bee tender then, take *the* hearbes &  
grind them in a mortar till they bee  
like salve spread it vpon a cloath and  
lay it to *the* gowte.

127 A speciall water against poysoning  
or prestilence

Take Turmentill, scabious bettony, &  
pinpernell like much still them together  
this water *the* philosophers say defendeth  
a man from poyson and pestilence *the*  
day they drinke it, It is called Aqua  
Imperialis, because *the* Imperours and  
great Lords of *the* Sarasene vsed to  
drinke it.

128 ffor any that is swollen both  
Armes, leggs, and all other partes

Take a new washed sheete and drie it well  
the take *the* foulest of *the* hundells of

yealow wax and lay it on a great store  
of coales raked abroad, and hold *the* sheete  
over *the* coales soe that *the* smoake of *the*  
wax may asstend vp to *the* sheete, and  
when *the* sheete smelleth strong of *the*  
fume of *the* wax, then wrapp *the* patient  
in *the* same & lett him goe to bed and dresse  
it about his head, then laie lother  
vpon him *that* he may sweat and by gods  
helpe it will cure him.

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129 ffor swelling of *the* tongue in *the*  
head

Take new laid Eggs and roast them hard  
and slitt them in grinder and lay them  
to *the* hole of *the* necke as hott as may  
suffered, and shift <sup>it</sup> hott and hott a  
good time and it will disolue *the*  
swelling & make it as it was before

130 To heale a sore breast *that* is  
redd or swollen *with the* Ague

Take aqua composita and all to  
wash *the* breast therewith then take  
wett cloathes in *the* same and euen  
as they drie refresh them againe  
and you shall find Ease.

131 ffor a swelling in *the* breast  
or any parte of *the* body.

Take redd rose leaues, and chickweed of as  
like quantity and lay them betweene two hot  
tyles and sprinkle vpon rose water &  
veneger in *the* bakeing lett it not bee  
taken drie but somewhat moist and  
compasse all *the* place *that* is swolne  
with *the* medicine and it will helpe

132 ffor a fellon

Take an handfull of groundsill a spoonfull  
of bay salt & a spoonfull of soote stamp  
all these together, and put thereto a yeolk  
of an Egg and little blacke soape, and  
soe stirr them together, and spread it  
vpon a cloath and lay it to *the* fellon, &  
it will breake it if it be ripe, or at  
*the* second time att *the* farthest and  
vse it noe other salue and it will  
heale it.

133 To asswage *the* swelling of  
a hand that is like to bee  
a ffellon

Take strong ale grounds and crumms  
of white rie bread and a little peece  
of white soape, and boile them  
till they bee thicke and spread it on  
a cloath, and lay it on *the* swelling  
and it will help you.

134 To make a salue for *the* biteing  
of a dog or any manner of  
soare

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Take a quart of stronge stale ale, then take  
hearbe grace red sage lilly leaues and flowers  
sallendine, setwell, selfe heale, valerian  
Plantan, Agrimony S<sup>t</sup> Iohns worte wild  
sage, tutsum, bawme, Isope, mints, violett  
leaues, strawberrie strings and leaues  
marjoram, and woodbine of each like  
a good handfull mince ~~them~~ and beat  
them fine and straine them *with* the Ale  
and wring them hard, then take a good  
quantity of Sheepes suett well clarified  
and halfe a pinte of well clarified hony  
or more and put them into *the* Ale  
and sett them over *the* fier and let them  
boile till they bee somewhat thike  
then put thereto as much vnwrought  
wax as you shall judge sufficient to make  
it a salue then let it boile a gaine  
a good while then put into it a good

quantitie of Turpentine, and a little rossen  
and soe let it boile till it bee mete for  
an ointment and saue some of it for

for that purpose and let *the* rest  
boile till it be made in rowles, and  
if you put into it in *the* boileing a peece  
of flos vnguentoru *m* before you take  
out *the* ointmen t it will bee better  
This keepe for an Excellent and  
approued salue

135 A plaster<sup>Bathe</sup> either for a legg, Arme  
or any other place that  
wounded being impostumated  
and swolne

Take greene oake leaues, Ivy, willow  
Sage, Rosemarry, violet leaues, Rewe &  
Mallowes, seeth all these together  
in water till they bee tender, then  
put it into a close pott, and let *the*  
wound that is impostumated bee  
held ouer *the* pottt *that* *the* breath of *the*  
bath may come to it, and cover *the* wound  
*that* noe aire come out of *the* pott but onely  
to *the* wound, and it will disolue it and  
take away *the* swelling

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136 for *the* Scyatica

Take *the* rootes and leaues of Sallan-  
dine bruse them in a morter something  
fine and boil them in may butter  
and take a peece of new buckorum as broad  
as *the* place where *the* plai-ce is and boile in *the*  
same and annoynt *the* place therewith and lay on  
*the* hearecloth as hott as you can suffer it, and  
and bind it fast *that* it fall nott<sup>away</sup> and in a weeke  
by gods helpe it will helpe you

137 To drie skinne or any raw place

*that* hath a moyst humor drawing  
to it

Take a quart of Smithes water and a good  
handfull of sage, of burnt allum *the* quantity  
of a wallnutt seeth all these together and  
lay on *the* sage leaues vpon ~~thee~~<sup>leath</sup> sore  
with a wett cloth laid on it, and dresse it twice  
a day

138 To take away *the* scabb of *the*  
small pox so *that* no holes shall  
remayne

Take a peece of salt bacon and wash it in iii  
or iiii waters, *the* water being something warme  
to take away *the* extreame saltnes then put it  
on a spitt and roast it, and haue *the* dripping

dripping thereof in a faire dish, then  
take Rue gathered where *the* dew is off  
it and if you can where *the* sunne shineth  
and stampe it, and <sup>take</sup> the Iuyce of it and  
mingle it with ~~the~~ dripping of *the* bacon in such  
quantity as you may make it like greene  
oyntmen t and when *the* pox is full come  
out and is a scabb, then take a feather  
and annoyte *the* scab with this ointment refres  
-hing it soe often as it drieth, and it  
will take away *the* scab soe as there will  
remaine neither pitt nor spott nor any  
shew thereof this hath bin very well  
approued.

139 A salue to heale a swelling or  
any other ache caused by humors

Take a pinte of sallet oile and a quarter  
of a pound of vnwrought wax scrape  
*you* r wax fine and lett it boile on *the* fire,  
with ~~the~~ oile till it be molten then take 1/2  
a pound of redd leade and beat it to very  
fine powdr soe stirring alwayes *the* liquor  
strew in *the* powder finely all about till it

bee all in and when it is boiled soe long *that*  
it looketh blacke it is enough, then make  
*you r* searecloth, and keepe *the* rest in roulls  
for plaisters it dissolueth any humor, but  
draw none if you vse it for any acke or

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swelling minister *your* searecloth, but of for  
a cutt or any other sore use plaisters for  
it is an excellent Salve

To make a greene balme for wound to  
incarnate confounding & drieing up  
of filth vlcers

Take of aqua composita, oile of roses, and  
of venice turpentine of euery one a pint  
boile them *with* a soft fire of coales, after  
a plan or two put in of verdigrese made  
subtle powder one ounce and 1/2 and boile it  
to a good perfect substance.

140 To make a sweete blacke plaister for *the*  
ranies and heat of *the* kidneys or hott vlcers

Take Corns one pound one pound of *the* oldest  
& strongest of savorie oile olive a quarter  
new yellow wax 1/2 a pound *your* cervsse finely  
and boile it be a goodly blacke browne.

141 A gentle Corasive *which* bringeth in xxiiii  
his away with him

Take *the* finest sea sant *that* *the* salt water couereth  
at tide as much as you will, drie *the* same and  
grind therof on marble stone one ounce or  
two, and then grind as much vitrioll combust  
*that* is greene Coperas, sublimed in acrusiple as  
before written euery of them by it selfe

Then mix them and *with* *the* grease of a barrow  
hogg grind them together, and lay it on *the*  
plagty to rotten and dead flesh or fattnes in *the*  
vlcer take *the* foresai d powder 2 parts, and 1 part  
of *the* powder for *the* fistula and temper them together

then take soe much of flos vnguentoru m one of  
you r plaister receipt before written as you will  
thinke sufficient to receaue you r preparson of *the*  
powder with a little swines grease, and with a soft fire  
of coales relent them, and when they bee in colleing  
euer stirr them till they bee cold.

Then shall you haue an oyntment for all spreding &  
creeping vlcers *that* be round moist and hollow  
to be laid on plaggot, stubbs or tents and  
will soone with out trouble or paine cleanse *the*  
matter and draw an vlcer of an hand breadth  
to *the* compasse of groate in a little while &  
for *the* usker care not for it will come out  
eate it and forbid the increase thereof with *the*  
gentle corasie before written.

And if you put to it your flos vnguentorum and  
plaister of mellilott of each an ounce and 1/2  
an ounce of vnguentu m althea with *the* ointment  
of march mallowes and 1/2 an ounce of Papulium  
and may=butter ans swines grease of each two  
dramms weight and relent *them* together It shall  
be an ointment soveraigne to remoue *the* usker after  
it be perfectly mortified and stucke to *the*

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to *the* bottom of *the* vlcer and cause the  
to come Easily away

142 A Poulteste for swolne leggs  
& red as S<sup>t</sup>. Anthonyes fire:

Take *the* broth of a fatt henn sodden in cleane  
water a pattle of *the* vppermost, mallowes  
a greate handfull or two as your liquor  
will searue, boile all till *the* hearbes bee  
soft, and *the* liquor halfe consumed, then  
put in of oile of Elders with ther flowers  
*that* be in *them* and of oile of roses with their  
flowers of each a good handfull saucer-  
full and of wheat branne one handfull  
thicken it and bray it and it lay it to *the* sore  
fott.

143 A medicine for *the* Collicke

Take a little oile of Dill one ounce and  
put thereto a aniseed coster and Rue of

each three ounces, and of Commen six ounces  
beat all this together into fine powder  
and put them all into *the* oile infuse them by  
the fire and vse it where you feele greife.

144 A Syrupe for *the* Consumption  
of *the* Lung s

Take 1/2 pinte of Alicampane water  
as much horehound water and 3  
Spoonfulls of Lungworte water &  
half a pound of white sugar candy  
and boile all these together till they  
come to a syrope and soe vse to take  
some thereof morning and Evening  
and sometime in *the* afternoone if *your*  
Stomacke be not too full and it well  
preserve you.

145 For *the* Plurisy or Stiche

Take *the* dung of a stoned horse when  
it is new dunged a good handfull &  
put it into a pinte of white wine or else of  
good ale and slice into it a raser of good  
^ white ginger and seeth *the* liquor to halfe a  
pinte then straine it and giue it the  
patient to drinke 3 mornings and  
Euenings. Then take for *the* stiche  
Iuniper berries and beat them

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to powder and quilt them into little baggs  
and when *the* stiche doe flee *the* place  
lay alwayes baggs to *the* place you  
feeel must greife in, and lett *the* bagg  
be sprinkled with veneger and lay as  
hott as *the* patient can suffer it. &  
when *thee* stich is gone take a blew  
list and make it moist with wine  
veneger and warme lay it to *the*  
plase where *the* stich was, And when  
*the* list is drie, lay to another and  
looke *that* you lay *the* liste in water  
when yow take them from *the* side &  
and wash them cleane and drie them

before you occupy them againe or  
else take new list for *that* is best &  
use them two dayes

146 ffor *the* stopping of *the* spleene

Take hartstongue a handfull Endive  
liverworte and succory of each a hand  
full wormewood 3 or 4 croppes bor<sup>a</sup>ge  
flowers, buglosse flowers, of each halfe  
handfull 2 or 3 fennell rootes 4 or 5  
parsly rootes sooth all these in

four pints of runing water till  
be wasted to *the* halfe then strayne &  
put therto fiue ounces or six of same  
sugar and lett it boile safely halfe an  
houre and all *the* while it boileth with*the* sugar  
let there boile therewith a quarter of  
of an ounce of sinamon bruised and as  
much spikenard knitt it in a fine linene  
cloth and goe to boile in *the* sirrope  
of this sirrope drinke morning and  
Euening foure or fiue dayes spoonfulls  
at a time blood warme and it will helpe  
you.

147 To take away *the* raging heate of  
burning ague in *the* head or body

Take redd Coleworte leaues and make them no  
bro<sup>a</sup> der then th e will lie to *the* hollow of *the*  
soale of you r foote then spread them with  
blacke soape reasonable thicke  
Then straw vpon it some bay salt some  
what brused and soe lay it to th e both  
*the* soales of *the* feete and bind it *that* it doe  
not slipp off and you shall find Ease  
very soone this is an approued remedie:

148 A sirrope to coole any *that* is in  
an Extreame burning heate

Take leaues and flowers of burrage  
buglosse, violet leaues of each an  
handfull maiden haire hartes toge

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and succorie of each an handfull a fennell  
roote and two parsly rootes the pith taken  
out, a succorie roote and five or six rootes  
of morsus diaboli, boile all those in 4  
pintes of running water till it be halfe  
consumed, then straine it and put therto  
sugar and 3 spoonfulls of veneger and  
lett it boile againe a little and drinke of  
it morning and evening six or seven spoonfulls  
at a time blood warme

149 A plaister for a paine in *the*  
side *that* cometh of *the* spleene

Take an ounce of oyle of linnseed, one  
ounce of dill, an ounce of Coperes and  
an ounce of Camolmill and put these oiles  
to a pound of mellilot plaister and let *the*  
be cut in small peeces then put altoge-  
ther into a <sup>^</sup>small pott of stone and set them  
over *the* fire till *the* mellilot be melted  
then take it from *the* fire and let it stand  
till it be cold, and when you will use it  
spread it on a plaister of leather as  
broad as will cover *the* place where *the*  
greife is you must continue it if you will  
have ease.

150 ffor *the* Palsey when it taketh  
away *the* speech

When any Creature hath *the* palsy  
entred into *the* tongue soe as he cannot  
speake take *the* blood of a ffox by  
sliting of his eares and rub and  
chafe *the* throate and neck therewith  
outwardly also *the* wrests of the patien.  
chafeing *the* it much and it will helpe  
*the* palsey

151 A medicine to *the* spring of water in  
*the* stomacke

Take *the* inner skinne of *the* gizard of a

capon and scrape it cleane and drie it  
and beat to powder and use to drinke  
it next *your* hart with beare or ale &  
it will helpe you in a little time.

152 ffor a dropsy of water

Take an ounce of genitam rootes, an ounce  
of pepper an ounce of mace and mingle them  
altogether and beate them fine and take every  
morning and evening as much as you can

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take vp betweene *your* finger and *your* thumbe  
and drinke it in a little draught of  
Ale or beere and in *the* morning fast an  
houre after it and at night take it when  
you goe to bed and for beare drinkeing  
as much as you can and eate small suppers  
and it will helpe you in a short time

153 To Ease any ache in bones

Take white daysies *that* growes in *the* field  
and stampe them ~~in a dish~~ rootes and  
leaues and take *the* Iuyce of them boile  
them in a dish ~~with~~the marrow of a gam *m* on  
of bacon *that* lieth ~~with~~the bones therof  
straine them through a fire cloth &  
annoynt *the* place where *the* ache is

154 To make salve called flos  
vnguentorum

Take Rosin and burgundy pitch of  
each halfe a pound yellow wax and  
frankencense of each a quarter of pound  
of mastike an ounce of harts suett a  
quarter of a pound of Comphry two dramms  
melt *that* is to be melted and powder *that*  
is to be powdered and finely sease and  
boile them ouer *the* fire and straine

them through a Canvas cloath into a  
pottle of white wine with all *the* other

Stuffe, then lett it seeth till all *the* white wine be consumed almost, then take it from *the* fire and let it coole till it be no hotter then blood, then put thereto a quarte r of a pound of turpentine euer stirring it till be through cold, but beware *you* r stiffe be but blood warme when you put in *you* r turpentine for it if be any hotter it marreth all *your* stuffe thus make it vp in rolls and keepe it for *the* most precious salve *that* may be made.

#### 155 The veertues of the salve

This intreat is called *the* flower of all ointments for it is good for all manner of malladyes that are hereafter written vizt for old wounds and aboue all other salues it is ~~good~~ most cleansing and well soaking and ingendering flesh and healeth in a sinnight then any other in a month, and it suffereth noe ~~other~~ corruption in a wound, nor any euill flesh to be ingindered therein, It is good for *the* headach and for *the* singing in *the* braines, and for all manner of Impostumes in *the* head or in *the* body and for all manner of aches in *the*

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for beying in *the* eares or cheekes for sinewes *that* be sprung stronge or starck it draweth out any thorne or broken bone or any hurtfull thing in a wound, It is good for all manner of botches, it is good for a canker or noli me tangere, and d it draweth all manner of ach out of *the* liver, spleene and raines, it is good for boileing in *the* member, , it seaseth *the* flix menstruous if it be laid to a womans navill It healeth *the* Emerodes, and is speciall good for to make a searchcloth for gowtes aches or pestilent botches Some say that this intreate of flos vnguentorum was sent from our saviour Christ by an angell to a religious house in Aniania at a place called *the* redd hill where it did maney marvellous cures, and they neuer vsed any other medicine then this onely to cure all diseases, & it is had there this day in very great

156 For any bruse either in *the* Eye or  
any other place coming of a Stripe

Take parsly, leaven bread of wheate,  
butter, some oile of Camomill, oile  
of roses *the* yeolke of a raw Egg *the* powder  
of Commen, dill and anniseed *the* ^ soft of a rotten  
apple and beat them all together in  
quantities after *your* discretion, and lay  
it on *the* place soe brused, and it will  
take away *the* swelling and bruse in a  
short time, It is to be v~~s~~ed shifted as  
it drieth. probatum est

157 For sorenes in *the* throate a sirop

Take 1/2 ^ a pinte of *the* Iuyce of great mulberryes & a pinte  
of *the* Iuyce of blacke bramble ^ berryes ~~bramble~~  
and halfe a pinte of clarified honey, and a  
quarter of a pinte of clarrett wine seeth all this  
together till they be consumed, and roping  
and soe doing you may keepe it a yeare or  
two well.

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158 ffor *the* bladder in *the* the throate *that*  
swelleth not outward

Take gaules and Bolearmonicke of each a  
like weight make them in powder and  
blow a penny weight in *you* throate by a  
reed or quill and spitt it out, then gargle  
mulberryes water and woodbine water  
and vse diett.

159 ffor any ache or straine or cricke  
*that* cometh of Reume or cold

Take aqua composita and spermyutes and  
sooth them ouer *the* fire spermevete into it  
and wash *the* place therwith where *the* paine  
is that it may drinke into *the* flesh and

vse it soe five six dayes morning and Euening  
or longer if *the* paine be greate and wett  
*the* cloath in *the* sunne liquor and lay it where  
*the* paine is and keepe it warme and it will  
helpe you.

#### 160 To heale a paine and a webb

Take an handfull of 3 leaved grasse *with the*  
rootes wash them and picke them cleane and  
stampe them in a wooden dish. put them into a  
brasse skillet *with* a dozen spoonfulls of running  
water soe let them simper vpon *the* Embers &  
put therto halfe a spoonfull of honney and  
as much of a peece of allume

soe lett it seeth a little while then straine  
it into a faire glasse and wash *the* Eyes 3 times  
a day and it will helpe you, Likewise  
*the* Iuyce of Salidone helpeth if you put  
a dropp thereof into *your* Eye and rubb  
it not.

#### 161 A plaister for an extreame paine in *the* head

Take a pottle of malmsey and a pinte of  
white wine veneger two great handfulls  
of red rose leaues dried or otherwise a  
a saucer full of fine wheatflower flower and  
as much of *Commen* finely beaten and  
seeth them altogether vntill y they be  
thicke, and well spread it on a cloth  
then quilt <sup>it</sup> with another cloath over it  
and lay it all over *the* forehead and it  
will ease you presently.

#### 162 ffor *the* falling sicknes an approued medicine

Take an hearbe *that* groweth in *the* low grounds called  
Lady treate it groweth with stalke haveing flowers  
growing all along *the* stalke wreathing about it  
and it must be gathered betweene *the* two lady  
daies in harvest , for it groweth but

it *that* time of *the* yeare then drie it to occupie  
 it *the* whole yeare, If you giue to any at  
 that time whilst it is green bind of *the*  
 hearbes to *the* temples and nape of *the* patients  
 necke, If *the* hearbe be dried vse it thus  
 bind thereof <sup>^to</sup>*the* temples and nape of *your*  
 necke, with a cloath, then take of *the* powder  
 thereof and *the* powder of *the* seed of veruen  
 of each a like quantity viz. 1 1/2 a spoonfull of  
 them both and put ~~thereto~~ it into a little warm  
 broth and drinke it once or twice a day for  
*the* spane of 8 or 9 daies keepinge *the* house  
 all *that* while and soe a month after your first  
 taking of *your* medicine, and take noe aire in  
*that* time, neither must yow eate any fish &  
 specially shell fish, nor drinke no new drinke  
 neither eate new bread and if it be a child  
*that* is troubled with this sicknes, minister *the*  
 aforesai d powder, <sup>^with milke</sup> this is approued ~~this~~  
 to helpe diuers both young and old

#### 163 Aproued medicine for *the* piles

Take *the* fattening of a yeallow hoose *that* hath bin  
 much worne cut it of and steepe it one night  
 in sacke and hold it to *the* fire as you doe  
 a s taste but burne it not, and then  
 apply it to the place greiued soe heat it  
 as your patient suffer it

#### 164 To helpe *the* shrinking of *the* Sinewes

Take march mallowes an handfull as  
 much of Rosemary topps and stampe  
 together and after put there vnto May  
 butter moulten and soe mingle them well  
 together and let it stand tenn dayes then  
 seeth it with a soft fire till *the* strenght  
 of *the* hearbes be gone when it is soe well  
 sodden take and wringe it thorow a canvas  
 cloath and soe put it in an earthen pott  
 to keepe

165 To make them heare *that* is  
deafe

Take an onyon and make a coare therein  
*that* is take out *the* coare thereof and then  
put therein a quantity of aqua vite  
of oile debay, a quantity frankincense  
and sett *the* onyon in *the* hott embers and  
when it is roasted wring out Iuyce  
and put *the* dropp or two in thine eare  
and lett thine Eare lie downward

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166 A soueraigne medicine for *the* Stone

Take vnsett leekes *the* whites and hearbes  
and all and still them and when *the* fire  
is out of it drinke it fasting, and for  
those that can not make water still  
young cloues of garlicke and let the  
sicke drinke it this is an approued remedie

167 A speciall good medicine for a

sore breast *that* is broken

Take *the* middle barcke of Elder tree and  
and night shade and beat them together  
and straine it then take *the* yeolke of a new  
laid Egge and life honney and fine wheate flow<sup>r</sup>e  
and mingle them together *with* those hearbes  
aboue written and make a plaister of  
linnen cloth and lay it to *the* sore *with* out  
warmeing it if there be any dead flesh  
in it take running water and seeth it with  
a little allome and 2 or 3 handfulls of sage  
and *with* this water wash *the* place that  
sore and then lay *the* plaister to it and  
if *the* breast bee stiffe annoynt it *with the*  
oyle of a beast feete to supple it.

168 ffor *the* Bone ach or any other

## Bruse

Take two handfulls of daisyes an handfull  
of crane fery an handfull pimpernell  
an handfull of brocklime and stampe all  
these hearbes together very small, then  
let them stand soe 3 or 4 dayes close in a  
pott stoped then take them out and put  
in a skillet of a pottle and boile them with  
a soft fire till they wax greene with a  
pinte of May butter and a saucer full  
of oile oliue and then straine it through  
a cloth and soe put it vp in a pott

## 169 To make a Cake

Take halfe a pecke of fine wheate flowre  
*which* will ? ^ good quarts put to *that* 4 pound of  
Currans 6 ounces of loafe sugar a pound  
and halfe of new butter *which* must be broke  
and rubbed soe small *that* none can tell whe-  
ther there be any or noe, then put two  
grated nutmeggs, *the* same quantity of cloues  
and mace, a pinte of creame blood warme  
a pinte of new ale barme beaten with rosewater  
2 dram *m* s of ambergreece, soe mould it vp and  
couer it warme and lett it heaue whilst *the* ouen  
is heating *which* should not be too hott nor aboue

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two houres must *the* Cake be in the oven, then  
wett it well with rosewater and straw it thicke  
over with loafe sugar doe not touch it to  
presse it that will make it heavy

## 170 To preserue Quinches white and redd

Take Quinches, pare them, and coare them, then  
take as much sugar as <sup>they</sup> will weigh, put to it  
as much water as will cover them, those *which*  
you will have redd, boile very leasurely close  
covered, them *that* you will haue white boile  
very fast vncovered, vntill they be siue tender  
you may pricke them through with a rush,  
then take them vp, and boile *your* syrrape vntill  
it will button vpon a dish=side, and when

they be almost could put them vp.

171 To roast a legg of mutton

Pare a hole out of *the* legg of mutton take *that* meate parboiled, mince it very small as for pey meat, take a pointe of great oysters parboiled a little, take halfe of them minced with *your* meate, take a little marjorum Time, savory, and *the* yeolkes of 3 hard eggs mince *withthe* hearbes a little ginger, and sugar, a pretty deule of nutmegg orange or lemmon

Lemmon peelee minced small a little grated <sup>or</sup> bread, then take a penny pott of white wine, temper *the* puding with halfe of it, and put it with *the* hole of *the* mutton and roast it, then you have ready *the* rest of *the* wine, and uisters, and sauce of *your* puding, and marrow a little orange pell and straw them together for *your* sauce soe searue it with slices of orange or lemmon, You may stuffe a breast of breast of veal with this puding.

172 ffor *the* spleene an approued medicine

Take topps and flowers of wood Betonie keepe them drie all *the* yeare, when you vse them take an handfull thereof, and boile it in Alepose from a quart to a pinte, the put to it two spoonfulls of syrup of marrygoldes, and drinke it two nights at goeing to bedd two nights or more as you find occation, onse makeing will searue twice.

173 To make *the* ^ greene o intment

Take of sage one pound, of Rue one pound, of wormewood halfe a pound of bay leaues halfe of S<sup>t</sup> Johns worte halfe a pound of Rosemay of Camomill flowers, of dill, of each a good

melilot flowers a good handfull, chop all these together as small as may be, and after put into *the* hearbes of sheepes suet cleane pickt *the* weight of all *the* hearbes. Stamp all together in a stone mortar till none of the suett bee seene and what waight the suet containeth the same waight you must putt of pvre oyle of olives and ~~O~~deriferous worke these together in an earthen pan cover it close stopp it with clay *that* noe aire gett in and let *the* same stand seaven daies then take it and breake it forth into a faire brasse pan and put 2 or 3 sawcer of faire water in sett it on a soft fire till *the* hearbes grow hard, then straine it into a gally pott and after put into it of oile of violettis odorifferous oile of lettices oile of roses of each an ounce of oile of Spike halfe an ounce, oile of Dill one ounce and halfe, stirr all these together and put it into a gally pott for *your* vse, and into *the* place greived *with**the* bignes of a hazell nutt at a time *which* is enogh, It must be well chafed in *with* warme hand, lay a linnen cloath vpon it and keepe it warme.

174 To make a plague water *which* is an Excellent Cordiall

Take sage, sallandine, rosemary, rue, red pimpernell, wormewood, mugworte, scabious Agrimonie, balme, Centurie, bettonie, leaues and flowers, Carduus benedicty, Dragon, sorrell, scordium rosarum, speare mintes, mary gold flowers of each a handfull wash them and shake them in a cloath then shread them put them into an earthen pott then take rootes of Angellico Pianie and Allicampane shread of each halfe an ounce slice them and put them to *the* hearbs then put to them as much good white wine as will cover them, then stop *the* pott very close and paste it soe as noe aire gett in to it sett it in coole place 2 days and two nights, then distill it in glasse still, with a slow fire, it will be very good in a rose still, but not soe strong, this qua *n* tity will be about 4 quartes of water, keepe yt first run *n* ing by it selfe till cast it grow smalle

The second runing is for children, f~~or~~ to a child  
you may giue 4 or 5 spoonfulls, to an Elder

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body seauen or Eight of *the* strongest  
being a little warmed with a little sugar in  
it, you may if please draw a third water  
which will be very good to put to your hears  
*the* next stilling it is too small for any  
other vse.  
~~To make Doct<sup>r</sup> Stevens water~~

#### 175 A Receipt for *the* Canker

Take a handfull of Strawberry leaues one  
handfull of sage, a handfull of woodbine  
leaues, one handfull of sweet mayd, a handfull  
of plantaine leaues 3 or 4 rose mary branches  
*the* bignes of a walnutt or 2 of Allum two  
Spoonfulls of honey, boyle *the* hearbes in a  
pottle of spring water to a quart then disolue  
your hony and Allom into it, and this water  
will cure *the* Canker.

#### 176 An Excellent Cordiall for *the* plague

Take 4 ounces of *the* Conserue of wood sorrell, and  
put to it a shillings worth of *the* best Medridate mingle  
them both very well, then put it into a gally=pott  
stopp it very close, and put it into a skillett of boiling  
water, after it is taken off *the* fire, and leaue it there  
three or four howers and then lay it vp, If you bee ill  
and feare *the* sicknes take *the* bignes of of a good Nutt,  
and sweate in a moderate way, and twelue houres after  
drinke it a great draught of strong drinke, and with  
stone horse dung strained into it.

#### 177 ffor a scyatica, Ach, greene wound sore breast or bruse

Take a quart of Sallett oyle a pound of  
redd lead, *the* bignesse of a good nutmegg  
of Rozin boile them all to a pinte with a  
soft fire, to avoyd faming, still stirring it  
with a sticke, and when it is boiled well it will

follow *the* sticke being drawne like a haire  
then take it off and put a peece of B Lockram  
*that* was neuer worne nor washed into it, to take  
it all vp then anoynt a table with butter and  
spread *the* lockrum thereon, and roll it vp  
after and it will continue good twenty yeares

#### 178 To make good Alliger

Take *the* strongest of *your* wort before it be boiled  
and when it is cold put barme to it, and to twenty  
quarts of Alliger put a quart of beanes brused in  
a mortar and good handfull of Elder leaues bound  
vp, with a thread, then put all into a vessell stopt  
close, and it will be very good Alliger.

#### 179 To make *the* best Alliger which must be made *the* beginning of *the* yeere

Take *the* strongest of *your* worte and boile it and  
then mesh some mault in a keene by it selfe with  
*the* worte *that* you formerly boiled, and when it is cold  
put barme to it and to euery 20 quarts of this put  
one quart of beanes brused in a mortar and a good  
handfull of Elder leaues tyed vp with a threed soe  
tunn it vp in a close vessell, and sett it in *the* sunne  
where it may receaue *the* greatest heate.

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#### 180 For *the* greene sicknesse

Take 2 ounses of powder of stolle and of  
ginger; nutmeggs, sinamon, Cloues and Make  
of either of those a like quantity, they all  
must bee somethinge more then thes Stolle *the*  
spices must be pounded very small and sifted  
through a silke sea<sup>r</sup>ce or fifiny then mingle  
them *with the* st lle and add a pretty quantity  
of *the* maiesty of pearle and as much powder  
of Courell, Then take *the* weight of all these  
things in white sugar Candy pounded and mingld  
them together and let *the* party take a pretty  
quantity in a spoone with a little strong beere  
and take a good draught after it and stirr very  
well take as much in *the* afternoone about  
four a Clocke and be sure *that* you use some

Exercise after it.

#### 181 To make good Sassaages

Take *the* flesh of a logg of porke and put to it three pound of beefe suett and when they are minced very small take a handfull of sage and a quarter of a handfull of time and halfe of sweete Mar iorum, all these hearbs very small shred then grate one nutmeggs with pepper and sale as much as you shall thinke fitt, blend all together, then take three Eggs beat *the* white with it very well then put all togeher and worke it with *your* hands like dough till all be very well mingled, then put it up in an Earthen Crocke and when you would

would spend any of it roll it as long as you please, then fry it in *the* frying pann as much as you please it will keepe a h whole fortnight very well

#### 182 To make a neatsfoate pudding ffor the Goute

Take of mallowes, cheekweed, hemlocks and houseleeke of each a handfull, boyle these in the grounds of strong beere, with half a pound of Mutton suett, bath *the* ffoote, withe the liquor & putt the poultes to the ffoote, vse this thrice a day morneing & evening./.

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three or foure tymes, & when you have thus done put them into a pott with two gallons of water & when it is ready to boyle, be sure take off all the scum and fatt, then keep it boyling softly, & bee very carefull to scum of all the fatt you can possible still as it boyles, & when you find that it is boyled much away, take a little of it up & sett it a cooleing, & if it bee stiffe, take it & strayne it, through a linnen Strayner, & lett it stand till next day then take off the topp, & bee sure to leaue as much as you see to bee black and drosse at the bottom putting the rest into a new pipkin & putt to it a pinte of strong sack as much loafe sugar as will sweeten to your tast *which*

must bee extream sweet, putt to it the whites of a  
douzen eggs well beaten, take also three or foure  
nuttmeegs, three or foure races of ginger, some sinamon  
bruise all these in a mortar, then tye them up in a  
woollen bagg & putt it into the pipken with the rest of the  
things, then sett the pipken upon the fire, & when it  
boyles bee sure to take off all the scum, & when it  
hath boyled about halfe an houre take it off & strayne  
it through a woollen bagg & if you will have it coloured  
you may colour a good red with scutcheneale, & a yellow  
with saffron, you must vse your scutchineale in this  
manner, bruise it in a mortar & then putt it into a fine  
ragg & lay it a little while to sleep in two or three

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Spoonfulls of rosewater, then take out the ragg  
and putt your Jely to the rosewater, and thus you  
may make two reds a lighter & a darker in this  
Same manner must you vse your Saffron you  
you must strayne your Jely into shallow panns or  
glasses that it may cutt out the hansomer

188 To make past of Geneway, some like leaves  
& some like plums with stakes & stones, some  
white plums and some redd

Take yellow peare Quinces & parboyle them, reasonable  
tender, & when they are could pare them & scrape the pulpe  
from the Core, then strayne it, then take as much sugar  
as the pulpe doth weigh & boyle it to a Candy height,  
then putt in the quinee pulpe of your quince into your hott  
sugar, & soe lett it boyle with stirring it till it begin  
to runne from the bottom of the panns, then fashion it  
upon a pye plate, some like oaken leaves & some like  
fruites, then dry them in an oven after you have drawn  
bread, the next day turne them & putt them into the oven  
again, & soe when they are all through drye you may  
box them & keep them all the yeare.

189 To make past of pippins of the Geneway  
fashion that you counterfeit all ffruites

Take pippins & pare them & quarter them & cutt the coare  
out out of them tender betweene two dishes on a chafing  
dish with coales, putt in a little rose water into the

boyleing of them, & when they bee boyled tender  
strayne them, then take as much suger as that pulpe

doth weigh & boyle it to a Candie height, then put the pulpe of your pippin into that hott sugar, & soe lett it boyle a little while with stirring it, dropp it in small round dropps vpon a sheete of galsse or vpon a sheete of whyte plate, & putt them into an oven or stove, the next day turne them, & putt two of them close together, putting in every one of them, a stake, a stone, Soe you may preserve the Apricock or peare plums if you please to make red plums you may colour some of your stuffe with a little conserve of barbaries

#### 190 To make past of Eglintine in the colour of Corral

Take the reddest Berry that growes vpon the bryers before they bee ripe, & cleave them through the midst & take out all the seedes & scrape them very well clean & boyle them very tender in clarett wine & rose water, then strayne them & dry them vpon a chaffing dish with coles, till they bee reasonable dry, then when they are cold worke them vpon past with fine sifted sugar, then roll them vpon swanns Quills or small reedes then dry them before the fire & when they be somewhat hard then draw out the quills and lett them dry before the fire when they bee full dry you may box them & keep them all the yeare.

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#### 191 To make of past Alicampane

Take your Alicampaine smallest rootes and boyle them reasonable tender, then pill them, & pith them, then beat them in a mortar, take twice as much sugar as that pulpe doth weigh & boyle it to a Candye height with as much rosewater as will melt it, then put in your Alicampane to your hott suger, with the topp of a pinne; & soe lett it boyle a little while together till you see it almost stiffe as Marmaladd then dropp it in dropps one a pie plate or a sheet of Glasse, soe dry it in your stove or oven then may you keep it all the yeare. It is an Excellent past against the Cough of the Lungs

192 To make past of Apricocks, peares, and plums,  
peare plums or any other plums that shall  
looke as cleare as amber

Take your faire yellow Apricockes or white peare  
plumb, pare them & stone them, and boyle them on a  
chaffing dish with Coales tender, then strayne them  
and then dry the pulpe on a dish, then take as much sugar  
as the pulpe doth weigh, with as much rosewater as will  
melt the suger, then putt your apricock or plums into  
your hott sugar, & soe lett it boyle together with stirring  
it then fashion it on a sheet of glasse like halfe  
apricocks, & soe put them into a stove or a warm  
oven & the next day turne them & clo?e two

halfes together & when they are through dry they  
wilbe as cleare as amber & if you please you may  
put the apricock stones in them & they will looke  
like dried apricock stones & you may keep  
them all the yeare

193 To make all kind of conceipts as marchpanne  
pies, Birds, Basketts, Collopps & eggs & some  
to printe with Moulds

Take halfe a pound of Marchpan past made as  
hereafter is written, for your Marchpan make some  
like pies & fill them with little peeces of marmalad,  
cast Biskett & Carraways in them & guild them and  
fry them, you make some like Collops of bacon, soe  
that you coulour a peece of past red with a little  
redrossett & soe lay a peece of whyte & red past one  
vpon another then cut it in slices & the red being  
mingled with the white it will shew like interclardy  
bacon fatt and leane & some you may printe with  
mould

194 To make Marchpan to guild him & garnish him  
according to the Art of Comfettmakers

Take two pound of Jordan Almonds blanch them & beat  
them in a stone mortar, till they begin to come to a fine  
past, then take a pound of fine sifted sugar & putt in  
the Morter to your Almonds & soe beat it till it come

to a perfect past, couer your marchpan in a space as big as a charger, then cutt it round by that charger, & sett an edg about as you doe about a tart, & a bottom of wafers vnder him, then bake it in an oven in a bakeing pan, & when you see your marchpan is dry & hard take it out of the oven, in the bakeing pann & vse him with rosewater & suger being made as thick as butter for fritters & soe spread on him with a brush made of brisles or else with two or three wing feathers & soe putt it into your oven againe & when you see it rise vp white and high then bake it out of the oven and garnish it with some pretty couceipls stick some long completts vpriht in him guild him & soe serve him

#### 195 To make Prince Biskett

Take a pound of fflower & a pound of fine searged sugar & eight eggs with three of the whites taken out and six spoonefulls of sweet cream putt them together & beat them in a wooden bowl with a wooden ladle or great wooden spoone, & when it is beaten three quarters of an houre putt in an ounce of anniseedes, being rubd dried and dusted & when you are ready to fill your coffins put in your seedes, - & when you have filled your

coffins bake it in the oven one halfe houre. if you will make some cracknell to drinke wine withall take your pewter mould *which* you doe comonly print your Quod make withall, indore them with a little melted butter & poure your butter into the molds as thin as you can, & soe bake them in an oven and when you see they are baked then you may take them out of the moulds & lay them vpon sheetes of whyte paper & soe lett them dry in the oven halfe an houre till you see they bee as dry as Crack=  
-ndron & soe may you box & keep them all the yeare

#### 196 To make ffrench biskett

Take halfe a peck of fine flower, two or three spoonfulls of ale yeast, the yolkes of two or three eggs, a peece of sweet butter & soe make it vp

into perfect past as thick as for manchetts, then make it vp in a long loafe & bake it in the oven & when it is a day old pare it & slice it in cakes, then rubb it with powdered sugar, & soe dry it in the oven againe vpon a latice of wier or on baskett=-makers rodds, & when you see that it is very dry & hard then rub on it white powdered sugar againe then you may box it & keep it all the year.

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#### 197 To make biskett Iellew

Take a quarter of a pound of double refined sugar being beaten and finely searced with two graines of muske a graine of Civett & a graine of ambergreace, beat all this to a perfect past with a little Gumdrugon steeped in rosewater afterward make it vp in little loaves in the fashion of a mancett & so bake them in an oven, & when you see them rise vp white and high take them out of the oven & they will bee as white as snow, & as light as puft and they through dry you box them and keep them all the year

#### 198 To cast all kindes of conceipts in sugar workes

Take halfe a pound of double refined suger & boyle it to a candie height with as much rosewater as will melt it, then (your molds being watered two houres before) poure the sugar into the molds & when it is cold you may take them out, & they will be like birds & beasts, according to your molds, these garnishing conceipts you set forth your marchpan with,

#### 199 To cast all cas kind of frutages hollow in turned workes & to put them in their naturall Colours

Take your molds being made of Alabaster even the mold being in two peeeces, your mold being

watered, & your sugar being boyled to a candye height fill the one halfe of your mold with hott sugar &

turne the mold round about with your hand and the  
fruites wilbe hollow

200 To make muskadine Comfitts

Take two ounces of double refined sugar, being  
beaten & finely searged with a graine of muske &  
a graine of Civett & a graine of ambergreace &  
beat all these to perfect past, then mold them thin  
that you see your knife through them then cutt  
them in square peeces like Lessings then dry  
them before the fire two houres then you may  
box them & keep them all the yeare

201 To make Quidinock a rubie colour to print with  
molds that you may keep them all the yeare

Take two pound of pippins being pared and cutt in  
small peeces, then putt them into a pipkin with as much  
faire water as will couer them & when they bee  
boyled tender strayne all the liquid substance from  
them, & into every pinte of liquor put halfe a pound  
of suger, and soe lett it boyle leasurely being close  
couered till it come to the Colour of Clarrett wine  
then vncover it & lett it boyle as fast as you can  
till you see it as thick as Ielly and then take it  
off the fire and coole it a little & poure it into  
your moulds that bee made of wood you must

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boyle your molds first & if they bee of linin  
you need not but wett them, & when your Ielly is  
cold take them vpon a wett trencher & convey  
them into your box and soe you may keep them  
all the yeare.

202 To make Quidinock of goose berryes, rasberrys  
or English Corrands

Take your goose berryes or rasberryes or English Corrants  
and putt them into a stone pott with a narrow mouth  
and soe putt them into a pott of seething water other  
wise called Balnea Maria & lett them boyle till  
they bee tender, then pour away the liquid substance  
from them & to every pinte of that liquor putt halfe  
a pound of sugar & soe lett it boyle till it come to

his colour and thickness, then print it with your molds then box it & you may keep it all the yeare. This is the way to make Quidinock of all sorts of plums, but you must draw the Quintescence or Spiritt of them for they are of a stronger body then the other fruit and therefore they must have water & that will make them runne the clearer throughout your strainers before you putt your suger into it

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203 To make white violett Cakes, rosemary cakes  
cowslipp Cakes, or cakes of any sorte

Take four Ounces of fine sugar & boyle it with as much rosewater as will melt it, till it come to a candye height, then putt in your flowers, & lett them a little together then the sugar wilbe the colour of the fflowers, then pour it vpon a wett plate, & cutt it like Losinges, & when it is could the wast peeces you may beat to powder & soe searce them through a fine siue, then worke them in past with a little gumdraggon steeped in rosewater & when you haue made them vp in past roule them & print them with molds & soe dry it & when it is dry it wilbe the colour of the flower and tast of the flower, in this sort may you make past of any sort of flowers.

204 To preserue Quinces redd

Take faire yellow Quinces & pare them & core them, then putt them into a preserving pan, to as much clarified sugar as will cover them, euery pound of sugar must be clarifyed with an alepint of faire water, & soe lett them boyle close covered very leasurely, & now & then to keep them from spotting take off the scum with the back of a

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spooone from them, & when you see them very tender & redd take them vp & cover them & lett your Syrop stand a cooleing & when your Syrop is could pott them & soe you may keep them

all the yeare.

#### 205 To preserve pippins whyte

Take foure large yellow pippins & boare an hole through every one of them then pare them & as you pare them throw them into a Bason of setthing water & lett them boyle a Walme or two in the water & putt them in as much clarified sugar as will cover them & soe lett them boyle till they bee tender, then take them vp & boyle the Syropp by it selfe a little and when they bee cold pott them & they will keep all the yeare.

#### 206 To preserve pippins red

Take faire large pippins & boare them through & pare them, putt them into as much clarifyed suger as will cover them, & putt into them a peece of old Cynamon three whole Cloves, a graine of musk, and soe lett them boyle close covered till they bee tender, lett them boyle very leasurely and they will looke very oriently & red, when you see that they bee tender and

looke redd, take them vp and lett the Syrop boyle a little, & soe lett it stand till it bee cold then may you putt them & keep them all the yeare.

#### 207 To preserve pippins greene

Take your pippins when they bee greene, & codling them in faire water boyle them first before you put them in, & codling them reasonable tender, but you must shift in two, hott waters before they bee tender for if they remaine long in one water they will turne, when you see they bee reasonable tender ready to eat, then take them vp & pill of all the skin as you doe of a codlin & then throw them into as much clarified suger as will cover them & soe lett them boyle leasurely halfe an houre, then take them vp & boyle the syrop a little by it selfe, and when your syrop is cold you may pott them & keep them all the yeare.

208 To preserve pomcitrons or musk melons

Take your pomcritrons or muskmelons melons & cutt them in halfes or in quarters, & soe pare them & throw them into a bason of hott water & as you pare them & take out the meat of them par boyle them reasonable tender in faire water, then putt them into as much clarified suger as will cover them, & soe lett them boyle

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Three quarters of an houre very leasurely & that will make them looke very well & when they bee cold you may pott them & keep them all the year.

209 To preserve green Wallnutts before they bee sheld

Take your Wallnutts before they bee sheld, when you may prick a pin through them, then prick them full of holes with a great pin, then through them into a possnett of seething water & lett them boyle apace vncovered till they bee tender, seething them seaven or eight times out of one water into another, you must nott let them long in their waters for the water will make them black, & when you see them tender take them vp & dry them with a faire cloath, & soe putt in euery one of them three or foure cloaues, & putt them in as much clarified suger as will couer them, putt into the sugar a graine of muske & soe lett them boyle halfe an houre leasurely, then take them vp & sett your syrop acooleing, when it is cold you may pott them & keep them all the yeare

210 To preserve yongue Hartichocks

Take your Hartichocks when they bee as big as yonge little apples, & boyle them tender, & shift them oft to

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take away the bitternesse from them, then putt

them into as much clarified suger as will cover them, then lett them boyle leasurely an houre, then putt them into an earthen pipkin all night, the next day in the morning take them vp & boyle the Syrop a little higher by it selfe, when it is cold you may pott them & keep them all the yeare

#### 211 To preserve Goosberryes, rasberryes or English Corrants

Take your goosberries, rasberries or English corrans, & putt them into a bason with as much clarified suger as will cover them, & putt it vpon a pott of seething water, & lett it boyle leasurely close covered till you see your fruit very tender, then take vp your freuites & putt a little apple water among the syrop, soe lett it boyle till it be as thick as Jelly & when it is cold you may pott the fruite & keep them all the yeare

#### 212 To preserve malicattoones

Take your mallicattoones & boyle them very tender in faire water, & lett them stand till they bee cold; then take a pinte of apple water & two or three spoonfulls or orange flower water, & putt into it a pound of

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clarified sugar, & soe let them boyle vp, then putt the Malicattoones into the syrop, & soe lett them boyle leasurely, & when they bee boyled tender take them vp & lett your syrop stand till it bee cold, & it will Jelly very finely, then you may pott them & keep them all the years. what fruit soever you preserve you shall find that if you pott a little applewater into your syrop it will Ielly excellent well & shew very orient & make your fruites keep from molding & will continue all the yeare with thick syrop

#### 213 To preserve Barbaries without stones

Take your barbaries being large & well coloured take a square needle as glovers doe sowe, & put into a stick & stone your barbaries & putt them into a bason with halfe a pinte of water & six spoon

fulls of rosewater, & soe when they bee boyled  
tender wring all the liquid substance from them  
and to every pint of the sugar putt a pinte and  
four ounces of sugar, & soe make it into a sirrop  
then putt in your faire clusters of barbaries being  
stewed into the syropp, & soe lett them boyle leasurely  
till they bee tender then take them vp & let *your* syroopp  
boyle a little higher on the fire & when it is cold you  
may pott them & keep them all the yeare

#### 214 To preserve wardens or great large peares

Take a wine quart of faire water, a pound of sugar, in  
like sort to euery pound of suger besure to take a quart  
of water, when you have clarifyed your suger & made  
your syrop very cleare putt in your Wardens being pared  
and lett them boyle very leasurely close coloured till  
you see them come to a very good colour & tender  
withall, allwayes turning them to keep them from  
spotting, when coole, & when your Syropp is through  
cold you may pott them & keep them all the yeare

#### 315 To Candie grapes

Take some of your grapes before you putt them into  
your syrropp, being dry & lay them in a lattice of  
wine, lay your lattice vpon a deep platter dish & soe  
take fine suger being boyled to a candie height  
& sprinkle it with a brush vpon your grapes and  
cast suger candye vpon them, being beaten in  
peeeces somewhat small, then dry them on your latice  
in an oven one day, but take your dish from vnder the,  
& lay your Wier crosse vpon two billets that the heat  
of the hearth of the oven may come vnder them & over them  
then in the evening you may box them & keep them all  
the yeare

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#### 216 To candie pippins that shall looke as cleare as Amber

Take faire large yellow pippins and pare them & bore  
a hole through them & putt them in an ~~oven~~ earthen  
platter into the oven, strow fine sifted sugar vpon  
them, then sprinkle them in a oven lett your oven bee as

hott as for manchetts, stop vp your oven & lett them remaine in your oven one half houre, then take them out of the dish & lay them on a lattice of wire or baskett makers rodds, & soe lett them dry two or three dayes till they bee full dry then they will looke as clear as amber & bee finely candied & you may keep them all the yeare

217 To candie apricockes or prepare plums that shall looke as cleare as amber

Take *your* apricockes or peare plums & giue every one of them a cutt to the stone, in the hollow of the plums then cast powdered sugar vpon them & bake them as aforesaid then take them out of the dish & lay them one by another on glasse plates & soe dry them in the oven in three or foure dayes they wilbe through dry & very finely candied, if you can gett glasse made like marmalett bones to cover them that they may lye over them they wilbe the sooner candied, this is the manner to candye such fruites

218 To make marmalad of Quinces

Take faire yellow peare quinces & boyle them tender in their skinns and when they bee cold pare them & scrape all the pulpe from the Quince & take as much sugar as that pulpe will weigh & boyle it to a candye height with as much rose water as will melt your suger, then putt in the pulpe of your quince into your hott suger, & soe lett it boyle with stirring till you see it stirr from the bottom of the panne that you boyle it in, then box it & putt it into your oven or stove vncovered & it will make crust on the Topp, & when you see it hath beene drying two or three dayes & you see it dry on the topp cover it & see you may keep it all the yeare

219 To make rough red marmalad of quinces

Take a pound of yellow pear quinces being pared cutt them in small square peeces, & putt them to a possnett to a wine quarte of faire water, & a pound of fine sugar & soe lett them boyle very tender close covered till you see your syrop very redd & your quinces very tender, then putt in the other halfe pound of sugar

into, & soe lett it boyle apace with stirring it till  
it come from the bottom of the possnett, then you may  
box it & keep it all the yeare & it wilbe as cleare  
as Quidinock.

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#### 220 To make marmalett of Oranges or Lemons

Take your oranges or Limmons and boyle them  
tender & shift them in the boyleing in seaven or eight  
waters to take away the bitternesse from them, & when  
they bee boyled very tender stamp them in a stone  
morter with the pape of halfe a dozen pippins, then  
strayne them through a peece of cushion canvasse,  
then take as much <sup>fine</sup> suger as they will weigh &  
boyle it to a candie height, with as much rose=  
water as will melt it then putt your Limmon  
pulpe or orange into your suger & soe lett it  
boyle with stirring it till it come from the  
bottom of the posnett, then you may box it &  
keep it all the yeare

#### 221 To make marmolett of Damsons

Take a pound of damsons being stoned, & the  
skins off them & boyle them tender on a chafing  
dish with stirring it putting in a little rosewater  
in the boyleing, & soe pap them with the back of a  
spooone in the boyleing of them, & when you see  
the pulpe of the damsons grow somewhat dry  
then take as much suger as it weighs being beat  
to fine powder & soe boyle it apace with stirring  
it till it come from the bottom of the vessell that you  
boyle it in to the top then you may box it & keepe  
it all the yeare.

#### 222 Another way to make marmalett of Damsons or any other sort of plums

Take a pott of damsons & halfe a dozen of good relish  
apples & bake them in an oven in an earthen pott  
then strayne it, then take as, then take as much  
suger as the pulp doth weigh & putt among it with  
a little ginger beaten, & soe boyle it to a marmalett  
& box it & store it & you may keep it all the  
yeare, if you please you may sweeten it with fine  
suger, ginger, a little rosewater, and soe boyle it

together but not halfe soe high as for marmalett  
and soe you may keepe it all the yeare.

#### 223 To make Court ffritters

Take a pint of sack & make a possett with sweet  
milke from the Cow, then take the curd of that  
possett & putt into a bason with the yolkes & whites  
of halfe a dozen eggs, seasoned with a little nutmegg  
& soe beat it with a birch rodd till you haue beaten  
the possett curd & eggs well together then putt fine  
flower into it as butter for fritters, & take clarified  
beefe suett & then boyle them as you doe other comon  
fritters & they will eat delicately, shave suger on  
them & soe serve them

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#### 224 To make another kind of court fritters

Take a pinte of very fine flower & two or three  
eggs, & boyle them in sweet butter as you doe a  
hastie pudding, & when you have boiled your flower  
& eggs in the forme of a hasty pudding then putt  
it into a stone mortar & putt in it the yolkes of  
halfe a dozen eggs season it with a little nutmegg  
& a little suger, & when you haue beaten these well in  
a mortar together, putt it into an Iron spout that  
hath Iron on the end of it like a crosse <sup>^</sup> or mallett, soe  
spout it into your hott lard, & you may throw in  
Knots in spouting & when they bee boyled in lard  
serve them & shave suger & they will eat most  
delicately, & they will marvayle how you make  
them because they come in knotts, a plaine  
fritter spout will make them

#### 225 To make pancakes that shall bee soe crusty that you may reare them

Take a pinte of fine white flower, the yolkes of  
six eggs, & th3e whites of two, make all this to  
butter with a little warm water, a little sack,  
season it with a little cloves, mace, & nuttmegg,  
when you haue made them into butter, bake them in  
the least frying pan you can gett, bake them not  
too much, then boyle them in lard as you doe

your fritters, & when you haue done them they  
wilbe as Crispe as wafers & they will marvaile  
how you make them soe crispe

#### 226 To make white ginger bread

Take halfe a pound of Almonds, blanch them & then  
beat them in a mortar till it come to perfect past  
putting now and then one spoonefull of rosewater  
to keep them from oyleing, season it with cynamon &  
suger, the weight of six pence in annellseedes &  
liquoras, all this being beaten to perfect past, roule  
it & print it with your molds, then dry it in your  
oven a little and soe friue it

#### 227 To make white leach of Almonds

Take Almonds being blanched out of the cold water  
& beaten in a stone mortar putting now & then a  
spoonfull of rosewater, then take a pinte of sweet  
milke from the Cow, & straine your almonds withall  
then beat the rest of your almonds & straine that  
milke till you haue taken all the substance out of  
your almonds, putt your milke vpon a chafing  
dish with coales, with two ounces of Isinglasse four  
ounces of sugar, a peece of whole mace, a graine  
of muske, & soe lett it boyle leisurely on a chafing  
dish of coales halfe an houre, then lett it runn

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through a strainer into a faire boyle meat dish..  
soe when it is cold you may slice it & friue it  
vpon a glassse plate, or your Cooke may friue  
it vnder covers of puff past.

#### 228 To make Christall Ielly

Take four calves feet & flea them, & lay them in  
faire spring water, lay with them a knockle of  
veale, shift it in halfe a dozen waters, take out  
the fatt betwixt the claws but doe not breake  
the bones, for if you doe the marrow of the bones  
will staine the Ielly, when you have soaked &  
pickt them cleane boyle them very tender in Spring  
water, & when they bee boyled take them vp, & you  
may vse them at your pleasure to eat, & lett the

broth stand in an earthen pipkin till it be cold,  
then take away the bottom & the top, & putt the  
clearest into a pipkin, putt into it halfe a pound  
of suger candie, three dropps of nuttmeg oyle &  
three dropps of oyle of mace, a graine of musk  
& soe lett it boyle leasurely a quarter of an houre  
then let it run through a Ielly bagg into a silver  
dish, or into little carcles, the lumps being  
taken out with a child's spoone, & this is the best  
way to make your christall Ielly.

## 229 To preserve green Codlings

Take green codlings the bigness you like best, cutt off  
the topps of the stalkes & putt them, into a pinte  
of faire water close couered, & sett them on the fire  
till they bee ready to seeth, then take them off and  
pill them, putting them into the same water againe  
then sett them againe on the fire, till they are hott,  
then take them off againe & lett them stand covered  
till they are allmost cold & vse them after this  
manner, setting them on the fire and taking them  
off till they bee almost as greene as you will  
have them, then take their weight in sugers putting  
halfe of it into the pan wherein you preserve, then  
put the codlings to that suger, & straine the remainder  
on them, putt in thereto as much of the water  
& when your suger is melted boyle them vp as  
fast as you can & being done putt them vp in glasses

## 230 To make Limmon cakes

Take halfe a dozen of Lemmons if they bee cleane  
without spotts, wipe them cleane & if they have  
spotts ~~cleane~~<sup>scrape</sup> them, & pare the thick rind of them  
& pound the rind in a stone mortar & as they begin  
to bee small in the beating you must putt in some  
Iuyce of Limmons, it will make them beat the  
better without lumps, *your* sugers must be beaten small

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small searsed and preserved with ambergreese and muske  
ready to be put into past. you must <sup>^</sup>putt in as much sugar as  
will make the past stiffe enough to make pasteeles to  
make them vpp in little cakes, and dry them from  
*the* fire;

### 231 To make an excellent good Jelly

Take three Gallons of faire watter, boyle in it a knockle of veale a Calves foote sliced in two. lett it boyle till it come to hard Jelly, then take it & straine it from *the* meate, & lett it stand all night, and the next morninge take awaye *the* topp and bottom, take to every quart of this Iell halfe a pint of sherry sarhe halfe an ounce of sinamon and soe much sugar as will season it, sixe eggs *the* white of them well beaten mingle all these together, then boyle it halfe an houre and lett it runn through your Jelly bagg.

### 232 To make mushrooms.

Take almonds blanched & beaten with a little rose watter and as much sugar as Almons, then drye them on a Caffenige dish of Coales, then take *the* whites of three eggs being very well beaten *which* is a *proortion* to halfe a pound of Almonds when *your* Almonds are reasonable dry

dry but in the froth of the eggs, then stirr it together well, then put it on a pyplate in Lossinges, and soe bake them, and when you thinke theye be enough take them out and putt them in a dish and set it at *the* mouth of an oven, /

### 233 To preserve ripe Apricocks

Take to them their wight of sugar pounded very small. Stone them and pare them, and putt them into a plate straw *the* sugar on them and lett them stand till the sugar be almost melted, then lett them on Embers and when it is melted boyle them till theye be very tender, turne them in the Ciroppe least theye burne. then putt them into a Glasse;

### 234 To make Jelly of rasperryes or goosberryes

Put them into a flaggon, stop it close, boyle them in a pott of water till they are very soft, then strayne them, take to a pinte of them a pound of suger putt to the suger a little water, boyle it to a very thick syrrop, then mix it together & putt it into your glasses & put into your stove

### 235 To make past of rasperryes

Take red rasperryes, put them into a flaggon, stopp it close, boyle them in a pott of water, but lett not the .ome in, boyle them till they bee very tender

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then strayne the syrop as cleare out as you can then take old pippins & boyle them in a skillett of water till they bee very tender, then take out out all the pape of them & stamp it in a mortar, then mix it with the syrop as much as will make it redd, & sett it on coles then lett it simber till it bee still, take the weight of in suger, & putt the suger into a skillett with as much water as will wett it, boyle it to a very thick syrropp, then mix it together, & boyle it till it stand, then putt it on a plate & putt it into a stove, & when it is stiffe cutt it into what fashion you will, lay it on glasse plates, & turne it every day, till it bee dry, but lett not your fire bee very hott in you stove

### 236 To dry greene plums

Take plums before they bee ripe pare them & putt them into cold water in a skillett, cover them and boyle them till they are tender, then take them out of the water & take to them their weight of suger pounded & putt it in a skillett with as much water as you thinke will cover the plums, boyle it & scum it & when it is very thick syrop putt it to the plums, cover it warme them every morning scalding hott till they bee very cleare, then take them out of the syrropp & lay them on a glasse plates, putt them into a stove, turne them every day on clear plates till they bee dry

### 237 To dry ripe apricocks

Take apricocks, stone them and pare them, take to them their weight in suger pounded very small, take a quarter of the suger & lay the apricocks in it till it bee all melted, then boyle the in it till they bee tender, then take them out of it, and make a syrop of the rest of the suger,

and boyle it till it will stand, then putt it to the  
apricocks & lett them lye in it three dayes, then take  
them out of the syrop and lay them on glasse plates,  
& turne them every day three or foure tymes till they  
bee dry

#### 238 To make suger Cakes

Take a pound of butter and two quarts of fine flower  
& a pound of suger and the yolkes of six eggs, temper  
the eggs & the butter together, then putt in a little  
rose water into the flower & when the past is made  
then roule it out & make cakes & lay them on a paper  
& bake them in an oven but not too hott

#### 238 To dry cherries white

Take cherries that grow by the wall putt out the stones,  
then lay them in a bason to keep the syrop that it run  
not away from them, then take a good quart of water  
and sweeten it well with suger, then putt in your  
cherries & sett them over a hott charcoale fire  
stirring

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stirring them soe long as you can with your hand  
when it growes hott take a siluer ladle & stirr it  
with that till they have boyled a good while, and  
your syrop will looke very red, then take them  
off the fire & putt them into a preseruing pott, &  
sett them in a store covering them all night, the  
next morning you must take them out of your  
cyrrop and lay them on glasse plates till about the  
tyme you did the the day before, then you must  
make a very strong cyrrop of suger, & boyle it  
till it bee allmost suger againe, then you must take  
your cyrrop & putt it into your pott again, then pour  
in that syrop & lett them stand that night, then  
you must take them out and lay them vpon glasses  
& ere they dry you must flat them and cutt away  
the loe loose skin.

#### 240 To preserve fruit greene

The fruit you will preserve greene must be gathered by  
hand on the shade side of the tree & the greenest

you can gett, then take two skilletts of faire water & sett them on the fire & when the water is scalding hott take one of them & putt the fruit into it and cover it close, & when the water growes lukewarme take out the fruit & putt it into the other, & soe into the third till they pill & then pill them soe fast

as you can, then putt them back into one of the skilletts of water that you scalded them in, & these lett them boyle softly vntill they looke green, then putt them into your syrop of Suger & soe lett them boyle in that till your syrop come to a jelly, then let them stand therein a quarter of an houre, then take them up & putt them in a glasse and stopp it very close, take half a ~~pound~~<sup>pinte</sup> of water to a pound of suger, not as lsoe that in all preserves or marmaladds greene or other you must take the weight of suger to make it keep the better

#### 241 To make rasberrye Cakes

Take your rasberryes being very ripe, bruise them very small in a silver plate or cupp, then weigh them with suger an lett it bee very good weight then make a candie of your suger & putt it to your rasberryes & stirr them well together, then putt it out into some little thing & set them in your store, & stirr them vp every day & soe lett them stand till they bee dry.

#### 242 To make Ielly of rasberryes

Take your rasberryes & putt them into and stop them very close & putt it into a skellet of water & when it hath boyled an hour take out the thin

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117 iuyce when you have as much as you will then weigh it with suger, boyle them till they come to a Ielly which you may perceiue by drawing your finger on the back of the spoone

#### 243 To candie the cleane rock candie

Make a syrop of suger & boyle in it nuttmeg, cinamon, ginger, large mace, or any other kinde

of spice, boyle all these together keeping it stirring vntill it come againe to suger, then lay it on a paper, then take as much more syrop and boyle it a manns Christi that a drop of it bee as small as the haire of ones head, then putt in your flowers & boyle them both, stirring it, and laying it on a paper, whilst it become allmost suger againe, & there in putt all your orange warme, lett it boyle a prety while, then take them out & lay them one by one upon a peelee, & putt them into an oven, that is not tœe too hott & there lett them stand all night

#### 244 To make Quidinock of pippons

Take pippons and pare them, & quarter them, leauing in them the coares, then putt them into a possnett with as much spring water as will cover them, to euery pound a quart of water, boyle them till they bee tender & that they sinke

in the water, then strayne them if there remaine aboue a quart of liquor, when it is strayned boyle it againe & lett them come till they come to a quart, then to a quart of that liquor putt a pound of suger, & boyle it very fast till it will stand on the back of a spoone like a quakeing Ielly, then pour it into your molds the molds being wett before, & when it is almost cold turne it upon a wett trencher & soe slide it into a box, that yœu which you will have red, lett it be close towarded & boyle it leasurely & when it is as redd in your spoone as clarrett wine, then boyle & box it as before

#### 245 To make Ielly of pippons

Take the fairest pippins you can gett, pare, core & quarter them, & to euery twelue of them, take a quart of spring water, then putt them together in a peserving pann, & lett them boyle till the sugers bee all out of them, then strayne them hard through a canvas bagg, & to every pound of that take almost a pound of very fine loafe suger, then putt that into a preserving panne, & lett it boyle a pace taking off the scum as it riseth as much as you can, & when it is boyled enough

that it be Ielly, putt into it the Iuyce of  
Limons

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Limmons to make it as sharp as you like it,  
then stir it well together, & putt it into your  
glasses, & stirr them till they be jellied, if you  
please to put oranges in it you must take the  
best coloured oranges you can gett & pare them,  
as you doe an apple very thin & boyle them very  
tender, then make a syrrop of a quarter of a  
pound of sugar, boyle the pills well in it, then  
take them ont and shred them on a trencher,  
& lay them on them on the bottom of your glasses

246 To make sorperto violetts

Take halfe a pound of violetts, & to that take a  
quart of spring water, & boyle it & putt it boyleing  
hott to your violetts, shift the violetts two or three  
times & soe cover it all night, & lett it stand in a  
hott place, the next day straine your violetts, then  
to every pinte of that decoction weight a pound & an  
halfe of suger, then putt your suger in a skillett,  
& make it wett with rosewater, then boyle it to a  
candie height then take it offthe the fire, then put  
in the decoction of your violetts into the suger,  
stirr it very well, then putt your sorpert into a  
glasse gallypott pott then have  $\equiv$  a skillett  
of water with hey in the bottom, & to cover

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& put in the suger by degrees, then lett them boyle  
vntill they bee cleare as fast as possible, then put in  
some iuyce of Limon to please your tast more or  
lesse, you must alsoe put in some ambergreece  
& muske being tied vp in a tiffanie, keep out some  
of your suger, & put it into the jelly you make  
of the pippins, you cutt of the slices & you must  
have it ready when your slices are ready to putt  
them in together, before they come off the fire you  
must put them in white glasses, if you please you  
may put more Ielly to them for it makes the slices  
looke the clearer, there must be amber, muske  
& limon in it, you may doe them either in  
rennish whitewine or water *which* pleaseth you  
best

## 250 To preserve rasperryes with Ielly

Take raspberries & pick out halfe a pound of clearest fairest, then take out the rest & strayne <sup>out</sup> a pinte of Iyce then take a pound of suger & put it into the Iuyce, & boyle it to a weake Ielly, when it is cold put in the rasperryes & boyle them fast vntill they bee enough, & they will Ielly, then putt the rasberies in glasses & poure the Ielly vpon them

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## 252 To dry cherries Mrs Wards

Take Cherries & stone them, then weigh them & to six pound of cherries put one pound & an halfe of sugar, beat it small & strew the bottom of your pann with some of it, then lay your cherries in & strew the rest on the topp of them, then put in a little Jyce & sett them upon a soft fire till they bee melted, then boyle them as fast as you can, but not too long, then take them off and lett them stand a night in the syrop, & then putt them one by one upon a sive & sett them in an oven or in the sunn; turning them till they bee dry

## 252 The best way to preserve ripe apricocks

Take the fairest apricockes & give them their full weight, & to every pound of apricocks putt a pound of double refined suger beat your suger in a mortar, & to every pound of suger put halfe a pint of water, let your syrop boyle till it bee .. e and scummed, then take it off, & pare your apricockes thin & give them a rut to the stone on the clifted side, & putt them into your syrop

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and keep them on a gentle fire of Charcoale, but one simpering heat, now & then letting it boyle but not too fast for they are apt to breake if they you bee not very carefull & shift them sometimes with your spoone from the sides to the middle of the pan, lett them have roome enough in

the pann, that doe not crush one another  
thus you may, haveing a care of breakeing them,  
keep them upon the fire sometimes on & sometimes  
off, two or three houres, then take them off  
& lay them wpon a pie plate one by one, & let your  
syrop boyle till you have scumed it very  
cleane, then putt them into your pan, & the  
next day tie them up close & soe lett them stand  
tenne dayes or a fort night as you see cause  
then putt them gently into your preserving pann  
& sett them on a slow fire of Charcoale, & then let  
them bee cleane scumed as it riseth in froth, &  
turne them the up side downe in the pan, be carefull  
that they stay not soe long on the ~~pann~~ fire as  
that they either breake or gett any more color  
then is fitt, as they wilbeapt to doe if you be  
not alwayes lookeing to them, then to take them  
up & lett the syrrop boyle, & scum it cleane  
but

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but let it stay noe longer then it keepes  
a good colour for it will grow too darke if it  
stay too long on the fire, then take *your* apricocks  
off the pieplate & let them be put carefully  
into a bason, & pour your syrop to them, & soe  
let them stand open that night, the nextday  
put them into your potts being scalded the night  
before & very dry, then stop them close & they  
will keep a yeare.

253 To make past of greene pippins

Take pippins before they be ripe, pare them very  
thin, & slice them into cold water, then boyle them in  
a skellett of ffreshwater, & when they be boyled  
very tender & green take them out of the water &  
keep the hott, then pound them in a morter, &  
straine them and take their weight in the suger &  
putt to the suger as much water as will melt it  
then boyle it to a very thick syrrop and then mix  
it together & boyle it together till it stand, the  
put it on a plate & put it in a stove & when it  
is stiffe cutt it into what fashion you will &  
lay it on glasse plates, & turne it every day  
on cleane plates, let not the fire be too hott  
in the stove.

#### 254 To make Almond Cakes

Blanch your Almonds in cold water & beat them in a mortar with suger finely searged, take two spoon fulls of rose water & boyle a little gumdragon in it then beat it with your Almonds and suger, till it come to draw them roule it out & mold it & dry it, & soe the like for Quinces but your quinces must first bee preserved

#### 255 To preserve oranges in slices mrs Traughton

Take the best oranges you can gett, pare them & water them, two dayes shift them twice a day then boyle them in two or three waters, & as you shift them within with a cloath let them be cut in halfes when they are watered, & when they are boyled tender cut them in peeces quarters, then slice overthwart in extream thin slices. then take apples or good pippins & pare them & slice them, & into a pot of faire water put in 24 apples boyle them & the water together till the apples be boyled very tender then strayne the liquor from the apples & weigh it & take to a pint & a halfe

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of liquor one pound & an halfe of suger, wet your suger with twenty spoonfulls of rosewater to make a syrop, then set on your syrop & when it boyles put in your oranges *which* must be six ounces, when they are boyled cleare put in your liquor of apples, then when you finde it to Ielly put in the juyce of two oranges & limmons & when it is boyled to a Ielly againe put it out into cleare glasses, a little after you haue put in your iuyce put in a little muske & amber tied vp in a fine tissange.

#### 256 To dry the meat of Limmons whole mrs traughton

Pare & pill off all the white of your Limmons & lay them in faire water one day & a night, then put them into a skillett of faire water ready to

boyle, & let them stand simpring on a gentle  
fire till they bee tender, then take them off &  
dry them in a cleane linnen cloath & weigh them,  
one pound of limmon to three quarters of a pound  
of fine loafe suger, wet your suger with faire  
water & let it boyle to a gentle candie, then put  
in your limons & let them stand a very little

while on the fire, then put them into a  
stone bason, & let them lye in the syrop till it  
bee neere consumed, heat your syrrop once a  
day but not your Limmons & turn your Limons  
when you heat your syrropp, then take ~~four~~ them  
from your syrrop, & dry them ~~from~~ <sup>in</sup> your stove,  
you must bee very carefull that in ~~your~~ the  
pilling or boyleing you doe not breake the vnder  
skinn for if you doe your lemon will never  
dry nor candie

#### 2567 to preserue pippins in slices

Take a pound of refined sugar, a pinte of water  
& the white of an egg, beat them well together  
till your suger bee dissolved, then sett it on  
a quick fire, & take away the scum as cleane  
as you can possible, but strayne it not, your pippins  
being sliced round put in as many as the syrop  
will couer, still keepeing them boyleing as fast  
as may bee, when the syrop begins to grow thick  
put in one pound of iuyce of pippins made thus  
pare & slice pippins into cold water, & sett them  
a seething on a quick fire, & when the pippins

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a tender strayne away the ~~pippins~~ Iuyce & put  
it to your preserued slices & keep them still  
boyleing apace till it Ielly, then put into it two  
spoonfulls of the juyce of Lemons take it  
from the fire as soone as the Iuyce of limons  
is in it, it must be very carefully scumd as  
long as it is on the fire, then put it vp in  
your glasses with a lay of Ielly, & a lay of  
slices

259 To make conserue of Burrage

Take halfe a pinte of burrage water. Still it full of burrage flowers, soe set it by the fire till the strength be drawne out, doe soe two or three times, when your liquor is strong sett it on the fire with as much suger as will sweeten it, when it boyles put in as much pickt flowers as will make it as thick as conserue, then put in a little ambergreece & the Iyce of a Limon, then boyle it till it come to a conserue still stirring it, when you are ready to take it vp put in a little more Limon

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then take them out and lay them on glass plates or tynn, & soe let them to dry well, shifting them once before you lay them to dry in the sunn, then sett them in the sun before some glasse casement, for the refleccion of the glasse giues a greater heat then if it were in the open ayre, then shift them once or twice a day vpon cleane plates till teh y bee through dry, then box them vp & they will keep all the yeare

2621 To preserue cherries in Ielly

Take ale pintes of faire conduit water, one pound of Kentish codlings pared and quartered, then take one pound & a quarter of well coloured cherries, then take the stalkes from them & crush them into the water and codlings & set them on the fire & let them boyle very fast takeing the frothy scum from them, & when you doe

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thinke they bee almost halfe boyled away poure it forth through a faire strayner then you must put into your liquor one pound & an halfe of suger, then you must take me pound of the fairest cherries you can gett, then lett them seeth together as if they were peeces of beefe & when you see it begins

to Jelly then they may be put into your glasses

#### 262 To make marmalett of Apricockes

Take your Apricockes & pare them & then cutt them in halfes, then cutt them in thin slices as long as you can make them, then take double refined suger, three quarters of a pound to a pound of apricockes, put as much water to your suger as will melt it, then sett it on the fire & let it boyle to an high candie, then putt in your Apricockes & let them stand & scald vpon the fire without boyleing & when they are cleare you must take them off & put them into your glasses & after they are cold the next day set them into your stove.

#### 263 To make Cakes of any Plums

Put your Plums into a pott or Iugg, then stopp it & boyle it in water about an houre or more till the plums be tender, if they bee white plums lett them not boyle too long least it make the colour too deep, but as soone as they are any thing soft take them vpp, you may pour out the cleare Iuyce & make cakes of it by it selfe if you please & of the thicker substance by it selfe, when you haue taken the scum & stones firm it, & for both these take their weight in suger, & wett your suger with faire water, then boyle it till it comes almost to suger againe vpon some embers to boyle scald but not boyle, then stirr it softly & if any froth appeare in it take it off, & when you haue thus kept it stirred vpon the embers halfe an houre or something more, that the suger be well melted & mix twith the stuffe & begins with the stirring to come from the sides of the dish, then take it vp putting it into sawcers or marmalett glasses, &

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set them in the sun or stove till they bee candied dry on the topp, then you may turn them out vpon trenchers & dresse them as you please & soe lett them stand till they bee dry thus may you make cakes of any fruite

but for apples you are to scald in water & pill &  
greene them, & then to take the green out of them  
crushing it small to put to your suger when it is  
boyled, as for the plums & also quinces, boyle &  
pare them, & being tender crush them, & mix  
them with boyled suger as the other, scald it &  
put it forth either in molds or saucers or  
vpon trenchers to dry, of this you may make  
white marmalett or cakes whether you please

#### 264 To make conserue of Cherries

To a pound & an halfe of cherries the stones being  
pulled out take halfe a pound of suger beaten, put  
to it about three spoonfulls of the Iuyce of  
cherries & three or foure spoonfulls also of  
water to them, soe set them on a good fire of  
charcoale & let it boyle very fast, as the scum

rises take it off & as it boyles with two spoones  
breake the cherries & stirr them, leting it soe  
boyle till it begin to come from the sides of the  
skillett, *which* wilbe about an hour, then take it vp  
into potts or Marmalett glasses, & soe keepe &  
cover it close with papp er pricked & it will keep  
the better.

#### 266 To preserve white grapes greene

Gather them before they be ripe, cut three or  
four off a bunch, then haue water allmost scalding  
hott & put in your grapes & cover them & let them  
stand halfe an houre from off the fire, then  
have another skillett with water ready to seeth  
& put them into that being taken out of the  
other, & let them stand in that a very little  
while, then take them out & pill & stone  
them, haue alsoe  
& when it is ready to boyle put them in, & let  
them boyle halfe an houre to easily, & being  
taken out let them drayne a quarter of an  
houre, then wigh them against some suger  
allowing to every pound of suger two ounces  
more then of the grapes, but you must

searce the suger, & lay some first in the bottom  
& then your grapes & the rest on the top, putting  
in but a little water, & let them halfe an houre  
& let them be taken out & put into a glasse with  
the syrop.

#### 267 The lady Northumberland s perfume

Take Benjamin three ounces & an halfe, bruise it  
some thing small lay it in steep three or four dayes  
in Damask rosewater, then take halfe a pound  
of rose rootes beaten as small as any conserve  
then put it in the benjamin with halfe a quarter  
of an ounce of muske & soe much Civett, soe  
beat them well together & make them into little  
Cakes, & place them betweene three rose leaves  
& lay them in papers over a dry roome without  
fire

#### 268 To make a quakeing pudding

Take halfe a penny role of the finest white  
bread that is tale, & grate it very small that  
there bee noe lumps in it, then take a pinte of  
sweet cream, 8 yolkes of eggs three spoonfulls  
of fine flower, halfe a nutmeg grated, a little

salt & suger to your tast, bind all these together,  
& take a napkin & wet it in cold water, & ~~dureing~~  
wring the water out of it, or butter it dry, & tye  
vp your pudding in it very close, but leave roome  
enough for the pudding to swell in it, the water  
must boyle before you put in your pudding, then  
let it boyle a full howre, then dish it & put  
beaten butter with rosewater & suger into it,  
you may if you will put noe flower to it but  
the mroe bread

#### 269 To make a sack pudding

Take halfe a pinte of cream & three eggs & beat  
in a spoonfull of sack & a little beaten mace suger  
& salt to your tast, two handfulls of reasins, then  
with grated bread make it as thick as butter,  
then take tins such as you bake your bisketts

in, or if you haue not such then take plates  
& butter them & putt your stuffe in them with a  
little sweet butter, & when they are well  
baked turn them out vpon pie plates & straw  
some suger on them, & wring the Iuyce of a  
Limmon on them, or of an orange & soe  
serve them.

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#### 270 To make pudding cake

Take a loafe of grated bread & halfe so much  
flower & a good deale of suet sread small, & a  
little sliced nutmeg four yolkes of eggs, & two  
whites, some suger & cream, make it thick as  
past & fry it with a little sweet butter  
scrape suger on it & serve it.

#### 271 To make a pudding in a dish

Take a pinte of cream & four eggs, you may  
leave out one white if you will, & beat all  
together, then take a good deale of suett  
minced small, season it with salt, suger,  
rosewater, nutmeg, & flower to make it as  
thick as butter, then butter the dish & bake it  
it wilbe baked in halfe an houre

#### 272 To make a wine pudding

Take two white loaves, & slice them very thinn,  
& halfe a pinte of white wine & suger to your tast,  
your wine must be sodden, & then take eggs, &  
beat them with a little rosewater, sliced Dates,  
marrow & a little mace beaten, mingle all these  
together & bake it

#### 273 To make a bread pudding

Take milk or cream & boyle it, then take Almonds  
& beat them with a little rosewater, then take the  
cream and Almonds well beaten & six yolkes of  
eggs well beaten, & straine them into as much  
bread as you thinke fitt with suett, nutmeg,

currans, & mace, mingle all together & bake it  
or boyle it *which* you please.

274 To make a pudding of barley or rice

Take a quarter of a pound of french barley, & lett  
it lye in water 24 houres, then boyle it very  
tender, then take as much cream as will  
cover it & boyle it in a skillett & put to it a  
little Synamon & mace, & when it is boyled put to  
it ~~bee~~ the barley, & let it boyle till it be as  
thick as may bee, then pour it into an earthen  
pan & put suger to it, three yolkes & whites  
of eggs, halfe a pound of beife suett, a loafe  
& an halfe of bread grated, two spoonefulls of  
rosewater, one of sack, one graine of muske &  
a handfull of reasons with a little limon pill

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275 To make a shaking pudding

Take a quart of the thickest cream & boyle  
in it a nutmeg, cutt in small peeces, with a little  
mace, synamon & ginger, take 8 yolkes of eggs  
& put one white & beat them very well, then take  
a quarter of a pound of Almonds blanchd and  
beat them with rosewater, straine into the cream  
the eggs, & the almonds together through a hair  
sive, slice in a nuttmeg & a little fine flower  
then season it with salt & suger, then take a  
wett cloath & rub it with flower & tye it vp &  
boyle, let the water boyle before you put in  
the pudding an hour ill boyle it, then take  
a little whitewine & suger & sweet butter  
& melt it & pour it on the pudding for sauce,  
thus you may make an Almond Custard, onely  
your pudding must be stiffer with Almonds,  
boyle it vpon a pott that seeths

276 To make an Almond pudding

Take half a pound of Almonds blanchd & beat  
them in a stone mortar, very small, & in the  
beating putt in a little rosewater, & a little

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## 279 To make marrow bone puddings

Take the pith of an ox, & pill it, & wash it in faire water first, & then in a little rosewater & after beat it in a dish with a spoone very well, then take a pinte of cream & in it a race of ginger, a little synamon very small & a nutmeg quartered, all *which* being boyled take a quarter of a pound of Iordan Almonds, blanch them first in cold water & beat them in a mortar, & keep them from oyleing with some of your cream, & stirr them amongst the pith, then take a good of quantity of suger, & beaten sinamon & a little sliced nutmeg & six spoonfuls of rosewater, & a little salt, & the yolkes of eight eggs, & the whites of foure of them, & a little ambergreece, a spoonefull of grated bread, & the marrow of nine marrow bones, cutt out in pretty peeces, then prepare the hogs gutts very cleane, & lett them lye a while in rosewater, & so fill your puddings, beat your ginger with your almonds & straine them into your cream

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## 280 An Excellent wash for the face

Take halfe a pinte of Canary sack, a pinte of plantine water, mix them together, take halfe an ounce of white poppie seedes, tied in a cloath, & water it three dayes shifting the water thrice a day, then pound them very well in a wooden dish, then take a quarter of an ounce of bitter almonds blanched in cold water, then pound them & the poppy seedes together, then strayne them into the sack & plantine water, then put thereto 2 quarter of a pound of white suger candie pounded small, then take the whites of two new layd eggs, beat them very well, & put them with the rest of the Ingredients, then put them into a quart bottle & shake them well together for an hour or more, then keep it for your vse, shaking it when you vse it

## 281 To make french bread

Take one ounce of Carraway seedes & two ounces of suger, & mingle them together, with two eggs beaten & put to it, then take halfe a pinte of milke & heat it scalding hott & put

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halfe a pound of butter into it, when the butter is melted stirr it, & put to your seedes and suger, & stirr it well together, then put in as much flower as will make it into past, with a little good barm, it must be very tender as you can handle it, then make them vp in little rowles & prick them through, & put vpon every roule some carraway comfitts, & bake them on paper,

## 282 To make black puddings

Take a quart of sheepes bloud & four quarts of cream, ten eggs the whites & yolkes beaten very well together, then thicken it with grated bread & oatmell finely beaten, of each a litle quantity, beefs suet shred & marrow in little lumps, season it with a little nutmeg, cloves and mace, mingle with them a little salt, sweet margerom, time, savorye, & penny royall shred very small & mingle with the other things

## 283 To make sausages

Take a leg of yongue porke, cutt away all the fat cleane, & cut it in thin slices then put to it ... pound of beefes suet, soe mince it as small as you can, till it worke like past

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then season it with an ounce of pepper, a quarter of an ounce of mace, as much cloves finely beaten, a good handfull of sage finely chopped, ten eggs, with the whytes of fiue of them, as much salt as you thinke fitt, soe stir them well together with your hand, & if you will fill them in hoggs gutts, but seeth them not

till you vse them, & then either fry or boyle them, you may if you please make them vp in past, as you vse it, roule it out in sausages with either grated bread finely sifted or flower, & haue your butter in your frying pan very hott before you put them into the pan, & then fry them & they will bee very Crispe

#### 284 To make a Pie of pine apple kernells

Take 12 hard eggs, all the whites except 5 chop them very small, then take as much beefes suett as you thinke will amont to the Quantity of the eggs chopt in the like manner, take about three quarters of a pound of Cre Currans, one ounce &

an halfe of pine apple kernells, or pistatos either will doe well, take six dates three of them minced small the rest cutt in quarters some marrow, a nutmeg or a little more, two or three ounces of suger, three spoonfulls of rosewater, halfe a spoonfull of salt.

#### 285 o make a white pott

Take a pinte of cream boyled with Mace & when it is cold take six yolkes of eggs, & two whites well beaten together, & mingle it with your cream, season it with suger salt & nutmeggs, then take a handfull of raisons of the sun stoned & two dates mingled, & a little bread thin sliced, & lay them in the bottom of the dish, then pour a little of your cream vpon it, then lay on a little more bread, then pour on a little more cream, soe doe three or foure times, bee sure your bread be well wett, then take the marrow of two bones, & breake it in good big lumps & put it in, then sett it in the oven, an houre will bake it strew suger on it & soe serue it

286 To make ffritters mrs Ward s

Take an handfull of Curdes & an handfull of flower, & ten eggs both whites & yolkes then strayne them all together, & put to them suger cloues & mace, stir it all well together, then set your suet on the fire, when it is hot put in your stuffe by spoonfulls, when they are browne take them vp & cast suger on them

287 To make a fresh Cheese

Take the bag of runnett & let it lye two dayes in water & salt, being wel washed, then putt it in a pott with a pinte of common vinegar, or a little more, & a handfull of salt, & soe let it stand close stopped a fortnight before you vse it, & when you vse it, take a pottle of new mike being as warm as when it comes from the Cow, then put in a spoonfull of the runnett, & soe heale it close till it bee come, then breake it very small with your fleeting dish, then put in suger as you stir it till it be as sweet as you would haue it, then put it in an earthen Colander, & let it stand till the whey be run out, & soe put it into the cream.

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293 To make bean bred

Take a pound of almonds and blanch them in cold water, then slice them as thinn and as broad as you can, then take a pound of sugar and two spoonfulls of rosewater and two or 3 spoonfulls of flower and the whites of two eggs, beat all together, til they bee mingled, then putt to it some Caraway comfittes and drop on waterd paper and put them into the oven.

294 To make goosberrie Cream

Take a pinte of goosberries, better then halfe a pinte of water, boyle this to mash, take the yolkes

of 6 eggs well beaten and thick, the goosberries still keep a stirring, after it hath boyled well sweetenit with sugar, a little rosewater, muske and amber so serve it cold. you may make custard the same way adding more eggs and straining the mash and boyling it more, this way you may make cream of green grapes.

#### 295 To make a cream sillibub

Take a quart of Cream and a quart of wine and the whites of 4 eggs and the juyce of a lemmon and cutt the lemmon and put it in, then beat it with

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a rod a quarter of an houre, then straw in some sugar and beat it still til it haue a great froath then take it off with a spoon and lay it in *your* pott and beat it again, then lay in more, then beat it til no froath wil rise, and as it rises still take it off and lay it in the pott, a pound of sugar wil sweeten it

#### 296 To make lemon Cream

Take a quart of cream and boyle it a pretty while, beat 4 whites and 1 yolke well & putt it into the cream and let it boyle, then take it off and put the juyce of lemons into it til it turne into curds then ... it vp for one hour take it off and season it and serve it

#### 297 Rasberrie Cream

Take a pinte of Cream & put it to boyle, beat the whites of 3 eggs well, put in *you* r eggs a leaf of mace, a slice of lemon pill, boyle it til it thicken, season it with sugar and straine it, beat it well in *your* dish, boyle rasberries well and mix them together then dish it and straw it with some of the juice

### 298 Codling creame

Take a quart of Cream, boyle it, beat the whites of 3 eggs put them into the cream, boyle in it sugar, take good codlings slice them and make a mash of them, sweeten it well mingle it with your cream and streine that and beat it well with a spoone and dish it

### 299 Cherrie Cream

Take cherries stone them, boyle them with as much water as wil cover them, let them boyle a good while with some sugar, boyle your cream to a good thicknesse, and let it almost coole, then straine you r cherrys mix them with your cream and beat it well and vse it.

### 300 Rosemary water

Take of rosemary flowers and bugglas rootes of each 4 ounces, of red preserved quince 4 ounce of white wine a quart, putt all these into a glasse and let them stand close couered for a day or two then distill it in a glass still and put into the glasse the water drops into some sugar candie finely beaten, and when it is stilled stop it and sett in an oven after bread.

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### 301 To make a possett

Take a pottle of good cream, boyle it with some cinamon, and 3 or 4 flakes of mace, take 18 yolkes of eggs and 8 whites beat them well and mingle them with a pinte of sack, put in 3 quarters of a pound of sugar to the eggs, & sack, a grated nutmegg, a little beaten cinamon sett your bason on the fire with your wine and eggs and let it bee hott, then take the cream boyling.

### 302 Almond Creame

Take a quart of cream and the 3<sup>d</sup> part of a pound of almonds beat them very small and mix them very well with the cream and straine it, then boyle it over a gentle fire til you thinke it of a fitt thicknesse, you may put in some mace if you please sweeten it to your taste and dish it.

### 303 To make gather'd Creame

Take two quarts of good thick cream, set it on the fire vntil it begin to boyle, then take it off the fire, stir it till it bee almost cold, sett it on the fire againe

thus done very often till it bee good and thick, then take a quart of good new milke ready to boyle and *your* thick cream when you take it into *your* new milke then cover it for halfe a day and more if the weather be cold, season it with sugar and take vp the vpper=  
=most and dish it.

### 304 To make barley creame

Water french barley and shift it for two dayes beat it and rub it well til the huskes bee cleare off, boyle it still stirring, shifting it with warm water vntill it bee soft and tender and very white then straine it with a spoon through a Collender then season it with rosewater and sugar and what els wil please *your* tast. if you would haue them very white beat almonds & straine them into it

### 305 To make Rice cream

Take halfe a pound of rice beat it and steep it in a pinte of new milke over night with a sliced nutmeg in it, in the morning straine it then take a quart of creame and another pinte of

graine of muske dissolved in it, then dish it  
that it may coole, it is best when it stands

### 306 To make snaile water

Take a good peck of garden snailes make a great  
fire of Charcoale, and when they be well kindled  
make a hole in the midst of them, and poure  
in the snailes then shovel the fire over them  
and let them burne till they leave off stirring  
then take them out and wipe them severally  
with a clean cloath, bruise them a little in a  
stone mortar, take three gallons of strong ale  
and a gallon of sack, 2 good handfulls of  
angelica, as much salendine, as ~~much~~ a quart  
of rosemary flowers, shred the hearbes a  
little, and put them first into a pot, then poure  
in your ale and sack, with six ounces of harts  
horne 1 ounce and an halfe of cloves then stop  
vp *your* Limbeck with past and let it stand all  
night in the morning put *your* fire vnder it  
and receiue the water by pintes.

### 307 How to make the snaile sirrup

Take a peck of garden saniles in the shells and  
prick them often in the shells vntill the shell  
bee filled with juice and the snailes quite dead  
then fill with the pointe of a knife the shell  
with the juice in it with white sugar candy  
beaten fine, then put them shells and all into  
a tiffany handkerchief and tye the handkerchief  
together and hang it on a naile setting a dish  
vnder it, receiue the sirrup as it drops, often  
shakeing the handkerchief vntil your juyce be  
dropt out: so vse it by takeint a spoonfull in  
the morning, at 4 a clock in the afternoone  
and at night when you goe to bed

### 308 Sugar of Roses

Take of the purest red rose budds dried 4 oucnes  
of the purest loaf sugar 12 ounces, powder them  
both severally very fine, dissolve your sugar in  
a little red rose water and boyle it to the consistence  
of sugar, then take it off the fire scalding hott

and stir in the powder of roses and presently  
cast it into what forme you will

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### 161309 A medicine for a Consumption

Take 10 or 12 garden snailes wash them well in  
faire water half a dosen times afterwards in  
a little wine, dry them well and shred them,  
then boyle them in a quart of new milke from  
a red cow vntill half a pinte bee wasted,  
then straine it and put a little sugar candy  
into it and a spoonfull or two of red rose  
water, give half thereof in the morning  
fasting and the other half in the evening  
lukewarm. This is but an easy yet an  
admirable remedy for such as are  
exceeding weake in any disease.

### 310 Rice Cream

Take half a pound of rice beat it & steep  
it in a pinte of new milk over night with  
a sliced nutmeg in it, in the morning  
straine it, then take a quart of cream  
and another pinte of milke, a blade of mace,  
then boyle it to a jelly height, then sweeten  
a little rose water in with a grain of muske  
dissolved in it, then dish it that it may coole  
It is best when it stands

### 311 Rosemary water

~~Take of rosemary flowers & buglass rootes  
of each 4 ounces of red preserved quince  
4 ouncees; of white wine a quart, put all these  
into a glasse and let them stand close couered  
for a day or two, then distill it in a glass still  
and put in the glass the water drops into some  
sugar candy kindly beaten and when it  
stilled stop it and set in an ouen after bread.~~

### 312 To get out the fire of burning or scalding

Take the white of new laid eggs and labour

them with a stone of roach allum, til it  
come to froth, then take a fine linnen cloath  
and wet it in oyl olive and lay it next the  
sore, then lay the froth upon the cloath, of  
a good thickness, and binde it next the sore  
with a cloath, dress it twice a day or foure times

313 A receipt for any paine proceeding from  
cold approved by Sir Fra: Willoughby

Take the powder of acornes with a spoonfull of  
buttered ale or some hott drinke goeing to bed and it  
will help you.

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314 A very good wash for the face against  
pilling

Take half a pinte of canary Sack, a pinte of plantin  
water, mix them together, take half an ounce of  
white poppy seed, tyed in a cloath, water it  
three times a day for three dayes together,  
then pound them very well in a wooden dish  
then take a quarter of an ounce of bitter  
almonds blached in cold water, then pound  
them and the poppy seeds together, then strain  
them into the sack & plantin water, then putt  
thereto a quarter of a pound of white sugar  
candy pounded very well, then take the white  
of two new laid eggs, beat them very well  
put them with the rest of the ingredients  
then putt them into a quart bottle, and  
shake them very well together for an houre  
or more, then keep it for you r vse shakeing  
it when you vse it

315 For the Cough

Take 4 ounces of brown Sugar candy, 2 ounces of  
liquoras, one ounce of anniseeds, one ounce of  
allicampane root root, make them all into

powder, and searce them, and take 6 ounces of  
raisins of the Sun, and stone them, and beat  
them all together in a stone mortar, til it

bee paste, and make thereof pills as big as  
peas, and take three at a morning and  
three at night and a little conserve of  
red roses after it and some times take of  
them when you haue occasion to cough.

### 316 To make good almond cheese

Take almonds, blanch and beat them as fine  
as for marchpan stuff, and take posset curd  
made of Sack, and mingle it with the march  
pan, then put it on a chafing dish of coales  
boyle it with a little rose water season it  
with musk and Sugar and fashion it vp like  
fresh cheese in a bason pour a little cream  
about it shake a little Sugar vpon it and so  
serve it vp.

### 317 To make Hypocrist

Take 3 quarts of whitewine and a pinte of sack  
and put into this one pound of hard Sugar

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and then brew it wel together, when this is  
done put in one drop of Spirit of Cinamon  
and as much cloves and so much of nutmeggs  
and a very little musk and ambergreece, then  
take half a dosen sweet almonds and blanch  
them, & beat them, then ~~bruise~~<sup>brew</sup> all these  
together and strain it through a napkin  
then sett it vpon the fire, a little vntill  
it bee warm and so brew it a little  
again

### 318 To make Sack cream

Boyle a quart of cream on a soft fire til it  
grow thick then beat six whites of eggs  
with one yoalke, with a quarter of a pinte  
of Sack, when they are wel beaten together  
strain them, and put them into your cream  
as it boyles, and as soon as it growes thick  
take it off and shake it continually til it bee  
cold then season it with sugar and serve it vp

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them out of the water, and lay them in a clean wooden or earthen dish, then with a sharp knife cut them in the middle and take out all the succey part into a white earthen or silver bason, and bee sure you pick all the scales cleane out of it, and breake not the cross skins that are in the middle ~~of it~~ then sett by *your* juice and have ready two bell mettle pans with faire water and sett them over the fire and when one of them is ready to boyle putt in *your* orange pills and let them boyle till the water bee bitter then haue your other pan boyling and shift them into that and so shift them out of one boyleing water into another, til your pills bee very tender and your water not bitter; this being done take them vp and with a spoone take out all the inside skins and throw them away and then crush the pills a little between two trenchers to take out the water and then with a knife cutt them very small, then put them by little & little into a stone or marble mortar, and with a wooden pestell pound ~~it~~ it very small till it be like paste this being done take your

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juice which you pickt out and putt with all *your* pills that you pounded into the mortar, and pound them together very well, then take it all out of the mortar and putt it into an earthen bason, then take fine loade sugar & putt to it the just weight, being finely pounded and putt it all into a bell mettle pan and boyle it all to marmalett. you wil know when it begins to bee enough by the flying of it, you may tye a little muske in tiffanie and boyle it in it, and when it is ready putt it in glasses or boxes and set them in a stove or some warm place. you must before you boyle it wring in the juice of a lemon and that wil make it cleare, to every dosen you must put in the juice of one lemon. you must bee sure to keep it stirring for feare it burne to the pann.

322 To make an Almond pudding

Take milke hot as it cometh from the cow and slice bread in it all night, apinte of milke will steep a penny manchett. then to this quantity take halfe a quarter of a pound of almonds blanch them and grinde them very small and as you grinde them drop a drop or two of rosewater now and then to keep them from goeing to an oyle; then take a nutmeg and a quarter of a pound of sugar, beat them very small, then take the yolkes of two eggs and the white of one and mingle all these foresaid things together and put them into it and stick it full of marrow, then put it into the oven and bake it and so cast a little sugar on it and serve it to the table

### 323 The best way to preserve quinces jellied

Core the quinces and put them into water & boyle them then haue ready an earthen vessell of water boyling and when you perceiue the water where the w quinces are to change colour, putt them into the other and let them boyle vntil the quinces bee tender that you may easily thrust a straw through

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them then take them vp and pare them as soone as may bee and put *your* double refined sugar into the holes where the cores are taken out, then weigh a pound of quinces to a pound of sugar and a pound of water, clarifie *your* syrrop with whites of eggs and after it is strained let it boyle to a syrrvp then put in *your* quinces & let them boyle as faire as may bee and to every pound of quinces take a quarter of a pound of double refined sugar beaten very fine and with that sugar fill the cores of the quinces before spoken of, and the rest strew on in the boyling of *your* quinces and when you perceive the sirrup to jelly and the quince inclineing to a deep colour take them up and lay them in severall glasses and receive reserue some of the sirrup to lay on them

### 324 An excellent way to stew a rump of bief

Take a rump of bief not too bigg nor too fatt, sprinkle

it gently with salt, then take thyne sweet marjorum  
beif suet and a little nutmeg & large mace all  
minced together, then stuff *your* beif very well with  
these things then lay it in a pott, poure on it half  
a pinte of whitewine and half a pinte of whitewine

vinegar and as much faire water as wil cover it  
and noe more, then cover the pott close and sett  
it over a gentle fire to stew, the longer it is in stewing  
the better. it is best to sett it on the fire overnight  
vntill the next day at dinner, then take it vp and  
lay sippetts in this dish, then *your* rump vpon them  
and poure the liquor upon all too serve it to the  
table

### 325 To make stewd apples in jelly

Take some pippins and pare them if they are bigg  
cutt them in four quarters, if small, cutt them in  
halfes, and cut out the cores, as you pare them  
throw them into water and when all are pared  
put *your* water and apples into a pan with some  
sugar, 2 quarters & an half to eight great apples  
and a little cinamon. in winter when your apples  
have less juice you may put one glass of white wine  
in it. boyle all till the apples bee soft, take them  
out press them between two spoones, set them on  
a plate then straine the sirrup through a double  
cloth, then put it into the pan againe and  
make a jelly thereof which you may know to bee

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enough if it drop from your spoone like ice  
then take it off from the fire and when it is  
halfe cold put it over your apples that are set  
on the plate.

### 326 ffor the oppression of the heart

Take conserue of rosemary burrage 2 cowslipps  
buglasse flowers, each an ounce mingle them  
all together and add half an ounce of conserue  
of alkermis, take of it every morning before  
dinner the quantity of a wallnutt, and half  
an hour after drinke a draught of clarrett

wnie with three sponfulles of burrage water  
and sugar with a branch of rosemary in it,  
stir it well together before you drinke it and  
then walke an houre

27 To preserue oranges whole with their  
3meat in them

Take your best coloured Bermudas oranges, grate  
off all the spottes on the vpper rinde and you  
may grate them lightly all over, then giue each  
four cutts on the sides with a knife through

the skin but not to the meate vntill you putt  
them to the syrrup. keep the topps & bottoms  
whole and lay the in water three or foure  
dayes and shift them twice or thrice a day  
then sett on two potts of running water sitt  
to boyle *your* quantite of oranges, put your  
oranges into one of them being cold, and then  
make them to boyle aparte, and when the water  
is bitter putt them into the other, but it must  
boyle first, soe when you finde them very  
tender, but suffer them not to breake, then  
take them out and lay them vpon a cloath and  
when they are well dreined from the water  
.. weigh them and for euery pound take a  
pound and a quarter of sugar, and then putt to  
every pound of oranges a pinte of running  
water. soe sett *your* sugar and water on the fire  
and when it is boyled and scummed cleane put  
it into a pipkin or other thing that may hold it, and  
being cold putt in your oranges, then euery  
morning and evening poure your liquor from

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your poranges and make it seething hott &  
poure it on againe this must bee done for  
eight or ten dayes together and when you finde  
them very cleare, then boyle *your* sirrup and  
putt to it almost a quart of pipin liquor if  
you haue three pounds of oranges and the rest of  
the weight of sugar that you haue out of  
makeing *your* sirrup, which may bee a pound  
and an halfe, and when your sirrup doth  
boyle and is scummed, put in *your* oranges  
and let them boyle keepeing them scumd  
and when they jelly put them vp in glasses

or gally potts. after they haue laine in the  
sirrup you may with a bodkin pick out all the  
seed at the slitts on the sides before you boyle  
them vp for all together

### 328 To make Scotch collepps

Putt of the fillett of the legg of veale to many  
slices as will make a dish to fry, beat them  
flatt and after hack them with the back of a  
minceing knife on both sides then draw them

through with lard and beat them flatt againe  
and fry them with butter, the sauce must bee  
the gravy of the meat, a little verjuice,  
butter, two anchoues, and a little sliced nutmeg,  
and instead of verjuice pour on a little while  
wine.

### 329 Almond cream

Take a quarter of a pound of almonds and lay  
them in cold water till they bee well blanched  
then beat them with a little rose water  
and sugar and straine them with a quart  
of the thickest and sweetest creamie  
seasoned with muske and sugar to *your* taste  
put it into a cleare skillett, sett it on the  
fire and let it boyle a pretty while keeping  
it stirring vntill it bee ready which you shall  
see by the thicknese of it, then putt it into  
a dish and serue it cold.

### 330 To make counterfeit red Deare pye

Take a fleshy piece of beif of the flanke without out  
sinnews or fatt, beat it very well, then sprinkle

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it over with claret wine and let it lye all  
night season it with pepper & salt & nutmeg  
lay between every row of meat a row of  
lard and put it into a coffin of dough with good  
store of fresh butter in the midst of *your* lidd  
and make a round hole to put in a galantine

which make thus; with clarett wine and vinegar seasoned with ginger and sugar, boyle them together and when this pye is halfe baked put it in at the hole of your lidd shake *your* pye that it may disperse all over and then sett it in untill it bee baked to bee eaten tow with mustard & sugar.

### 331 To make Almond biskett

To a pound of sugar take halfe a pound of floure half a pound of almonds eight eggs foure of the whites taken out, then wet them with the rest, you must beat your almonds before you mix them with the floure with a little rosewater and put in what seed you like best beat your eggs very well, then wet you biskett

### 342 To make camphire balls

Take two ounces of camphire, one ounce of orris powder, twenty great almonds, two pennyworth of rosewater, three pounce of sivil soap, wheat floure three handfulls, Civet three graines, beat them all together in a mortar and temper very well and so make them up To make black washing balls take storax and beat it with them

### 343 Ielly of Raspaces

Set raspaces clean picked on the fire vntill they heat drive out the moisture and with crushing poure it out as it comes, soe to a pinte take but halfe a pound of beaten lump sugar, then only boyle it up, glass it & store it, for if it should stand all night before boyleing it would not jelly likewise too much sugar keeps it from jellying

### 344 A good receipt against the plague

Take an handfull of green elder leaues one handfull of red bramble leaves, of rue, of sage of vertue beat them all very fine in a stone mortar then put to them a quart of the best white wine

let it stand halfe an houre close covered then  
 straine it out and put to it one pinte of the best  
 whitewine vinegar, and bottle it vp for *your* vse  
 shakeing it together when you vse it

### 345 To make pudding in balls

Take a penny loafe and grate it, a quarter of  
 pound of currans, a quarter of a pound of beef  
 suett, half a nutmeg grated, a spoonfull and an  
 half of sugar mingle them together, then take two  
 new layd eggs, beaten very well within a spoonfull  
 of rosewater, and with it worke them vp <sup>in</sup>with  
 balls, and then take half a pound of sweet butter  
 and meet it in a pewter dish, and put in *your* balls  
 when it is hott keep *your* balls turning till they bee  
 done, the sauce is to bee made with reosewater  
 sack or vinegar butter & sugar.

### 346 A Spanish perfume to burne

Take of Benjamen, Storax, hard sugar each an ounce,  
 of musk ambergreece and civett each 12 graines  
 an handfull of damask rosebudds the white ends cutt  
 off beat them severall, first in a warm mortar

and afterwards mix them into little round cakes  
 and lay them between two rose leauees flatting them  
 a little with your finger then dry them in the sunn,  
 layeing them severally in a sylver dish and  
 burne one or two of them on the coales and the  
 room will bee perfumed two houres after.

### 347 To make collerd bief

Take the thin flanke of bief and lay it three days  
 & nights in pump water and salt, then dry it in  
 a cloath, and take the thick skin off, then strew  
 it all ouer with pepper not brusied too small &  
 some cloves mace and nutmeggs, and some sweet  
 hearbes shred, afterwards roule it vp as close and  
 as strong as may bee, and binde it all ouer thick  
 and hard with packthred and put it into a deep  
 narrow earthen pott, that is fitt for it, and put  
 as much clarett wine to it as will cover it, cover

the pott close and sett it in an oven with houshold bread, and when it is drawne take out the bief whilst it is hott, hang it vp to let the salt drop from it and when it is cold sett it to coole and it will keep a good while.

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#### 348 To make the Carraway water

Take two quarts of spirit of sack and put therein two pounds of Carraway comfets, aromaticum rosatum, Laetificans Galeni, Diarbodium abbatis species de gemmis frigidis of each three peny worth and let it stand in a warm place for 14 or 15 dayes stirring it once or twice a day then straine it and put therein of amber & muske each 4 graines and if you please some leaf gold.

#### 349 To make red quince marmalett

Take your parings and cores of quinces and boyle them in faire water vntill it tast strong of the quineces, then straine it out and to a pinte of that liquor take a pinte of good loaf sugar and sett it over the fire boyle it & scum it, then take a quarter of a pound of quince being cored and pared & put into the syrrup and let them boyle vntill they looke cleare then take them off and sett them ouer a fere embers and cover them close with a shoot of paper, and a plate, and when the

sirrup lookes of the colour of clarett wine vncouer them and boyle them vp as fast as you can, breakeing the pieces of the quinces and put them in againe & boyle them vp.

#### 350 The best way for makeing Cheesecakes

Take 30 yolks of eggs and two whites beate in very well stirr them in 3 quarts of milke, then putt it on the fire and stirr it well, then take it vp and putt it into a cleane cloath and hang it vpon a naile to draine; then take a pound of butter, and put it into it and breake it and the

curd together very well, and take a pound of currans and mingle it all together then season it with spice and salt as you please, and sweeten it as you thinke fitt, then take three quarts of fire floure and two ounces of sugar, and halfe a pound of butter, to make *your* paste of what fashion you please.

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### 351 To make one excellent black puddings

Take the blood of an hogg just as it comes warm from him, and take a pottle of whole grates, and put in while the blood is warm, and let them steep a day and a night till the skin is cleane, then take halfe a pinte of milke and the yolkes of foure or fiue eggs and the whites of three and beat them very well and mingle them very well with beaten mace and cloves & nutmegg with a bunch of sweet marjoram and the tops of leekes and winer savage a little pepper and salf to your tast, take a good handfull of bran mingle these all well together and shred 4 pounds of suet and so fill them into the skinns

### 352 Aqua mirabilis

Take gallingall, cloves, ginger, melilott, Cardemom, mace nutmeggs, of each one drain and of the juice of salandine halfe a pinte, mingle all these made into powder with the juice and with a pinte of good aquavitæ and 3 *pints* of good white wine

then putt all these together into a stillatory, of glasse and let it stand all night and still it with a soft fire as may bee the next morneing

the secret vertues of this water

first it discloseth the swelling of the lungs without any griefe and if the lungs bee wounded or perished it mightily helpeth them, and comforteth them, it suffereth noe blood to putrifie, the water being given to man, or woman labouring towards death one spoonfull reviveth them

359 To make a good jelly of hartshorne

Take three ounces of shavings of hartshorne which put into three pintes of faire water into a wel glazed and clean pipkin with a quarter of an ounce of marigold flowers and as many cowslip flowers or a quarter of a pinte of cowslip water, cover the pipkin very close and sett it all night on the embers and in the morneing boyle it vp vntil it bee jelly and try it in a spoone and when you see it strong enough then straine, and put in *your* spice, and

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nutmeg, two races of ginger, a little cinamon, and a small quantity of cloves, the Spice you are to putt in according to your tast, and boyle them over the fire a while, then clarifie it with the whites of 2 or 3 eggs and put in the pill of a lemmon with your spice and boyle them together and when it is well clarified take it off and season it with the iuice of a lemmon & sugar and run it through a jelly bagg

354 To take away the holes of the Small pox

Take strong distilled vinegar and wash one day *your* face with it, the next day take bran mallowes and water boyled together till halfe bee consumed wash that day with that, next day with vinegar and the next day with *your* bran water againe and so it will take away the holes & redness and if the distilled water of egg shells is to bee had wash *your* face with it as you goe to bed and in the morning with that of bran.

355 To make an excellent lip salve

Take of fresh butter out of the churme six ounces beat & wash all the whey from it and then put it

into a preserveing glasse and let it melt gently in a skillet of warm water, and when it is well melted cast it into a bason of cold water and let it stand

until it be cold, then take it out & scrape away  
the bottom if there be any foulness in it, then  
melt it againe, and being melted cast it into  
damaske rose or orange flower water and there  
let it lye all night, then next day wash it well  
in it and then putt it into a silver porringer and  
with it two ounces of pure virgins wax and  
a dram of alkanett rootes broken in small pieces  
and two spoonfulls of damaske rose water or  
orange flower water, wherein a graine of muske  
or ambergreece is dissolved and let it melt  
together, and then beat it with a spoone that it may  
be well incorporated then straine it into your rose or  
orange flower water and let it ly a night then mak  
it vp in balls or cakes according to your fancie and let  
them lye . in the rose or orange flower water a  
day or two to harden them then keep them for your  
vse this wil heal the lips of all chapps or  
soreness and make them smooth in a night or  
two vseing it

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An excellent preservative servative in pestilentiall  
356 times

Take of the juice of green walnutts two pound,  
clarifie it and with a pound of honey boyle it  
into a sirrup, a spoonfull being taken so soone  
as you are out of your bed

357 To make fresh cheese & cream

Take a pinte of fresh cream, set it on the  
fire then take the whites of 6 eggs beat  
them very well and wring in the juice of a lemon  
into the whites when the cream boyles vp,  
put them in and stir it about till it be turned  
then take it off and putt it into a cheese cloath  
and let the whey draine from it and order it  
as you doe other fresh cheese.

358 ffor the Spleene

Take the tops & flowers of wood betony keep  
them dry all the yeare, when you vse them take  
one handfull thereof & boyle it in a quart of possett

drinke to a pinte then put to it 2 spoonfulls of  
syrrup of marygolds & drink it 2 nights at goeing  
to bed or more as you finde cause, and makeing  
wil serve two nights

### 359 The oyle of toads

Take three pintes of the best sallett oyle  
put it in a new well glased pipkin with a cover  
set it on a tripetts on a gentle fire of Charcoale  
then putt therein 7 or 8 of *your* greatest toad,  
and let them boyle in the oyle till they become  
hard cinders, then straine it through a piece  
of new linnen cloath, keep it in a glass close  
stopt.

### 360 For the Kings evil, and for a fistula for the evil you may omitt the syrrop following

Take six quarts of running water, one pinte of  
white wine, halfe a pound of Celendine as much  
of water cresses, as much of red sage, as much  
of featherfew, as much of wood binde leaves  
and flowers with the strings and halfe a pound  
of Roch allum shred these very well and putt  
them vnto the water, let it boyle softly till  
halfe bee consumed, then strayne it hard

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then put in the alom being bruised and the  
white wine and let all boyle together till the  
scum bee boyled in, then putt it in a glasse  
to keep, you must inject this water twice  
a day very hot

### 361 The syrrop to be vsed at the same time

Take one gallon of sack, one quart of burrage  
water, three pintes of conduit water, stir them  
all well together then putt all <sup>in</sup> these following  
Sasaprila four ounces Quiacum two ounces  
rubarb one ounce, manna foure ounces, sena  
foure ounces, anniseeds cinamon liquoras sugar

of each two ounces let it boyle at a soft fire till halfe bee consumed, when it is cold strain it and put in the manna and two pound of sugar boyle it to a syrrup, take one ounce in the morning fasting, one at three of the clock and one after goeing to bed. haueing lightly supped. You must cut the Sasapila and liquoras in pieces & beat the other things to powder. this hath helped many

### 362 Red rose water

Take a glasse and put some rosewater in it and to that water putt some rose leaues into it with the yellow clipt off, put not soe many of the flowers as to press them and when you still other water putt in this glass vnstopped into the still and it will be red and very sweet still your glass with the leaues before you putt in your water when they are stilled let them run through the sieve gently.

### 363 ffor the teeth

Take scuttle bone and beat it to powder and rub your teeth, wash them with water. the inside of this bone beat into powder.

### 364 The Electuary against winde in the spleen

Take conserve of rosemary flowers, conserve of Betony flowers of each halfe an ounce, of the pulp of citrons of green ginger of

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each three drams half an ounce of the powder of cloves of  
of the powder of cloves two scuples and to these ingredients add as much syrrup of ginger as to make it into an electuary and put to it three dropps of the chymicall oyle take of this electuary the bigness of an hasel nut at a time.

365 ffor the plurisy, stopping of the  
Stomach or cough of the lungs

Take a scruple of the powder of the seeds of  
nettles in the syrrup of violettis and swallow the  
same by licking it by little & little & it wil  
help you.

#### 366 The flower of ointment

Take an ounce and a halfe of rosin and as  
much harts tallow melt both and beat a quarter  
of a pound of camphire into powder & put it into  
the rest, then boyle them all together with a  
pottle of white wine so strain it through  
a cleane cloath and stir it til it bee cold

and so keep it for an excellent oyntment.  
the vertue of this ointment it is good for  
all manner of diseases also for old or new  
wounds

#### 367 An excellent Searchloath to heale any old or new sore or any ach

Take a pound of red lead and a quart of sallett  
oyle and boile them together stir it till it come  
to a black colour, when it is boyled enough,  
then dip your cloaths in it and hang them or  
pin them vpon a line til they bee dry, you  
may putt some of it into a gallypott and  
keep it for a salve It is very good for a  
green wound. first steep St Iohns wort in  
the oile being bruised first before you put  
your red lead in If it bee for a green wound  
steep St Iohns wort in the oyle and it wil  
help you It is very good for an ach.

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### 368 To make Pancakes

Take 16 youlkes of eggs & 8 whites beath them very well then putt a quart of new ale, a pinte of milke to *you* r eggs, season them *with* spice as you please as ginger, nutmegg, cloves, mace as for *the* thickning of them *with* flower doe that as you see good: stir a porringer of melted butter into them when you goe to fry them; strow pounded cinnamon and Sugar on them when you send them to *the* table

### 369 To make ffritters

Take a quart of milke warm it make a possett *with* half a pinte of sack & half a pinte of ale if it doth not turne, then keep it on *the* fire stirring it till it doth turne, then take 8 youlkes & 4 whites of eggs beat them very well with a rodd, then streine them ~~in~~ <sup>into</sup> *the* possett, curd & all; season it *with* a pretty quantity of Ginger & some grated nuttmegg & stirr as much flower as will make it batter cut *you* r apples round in slices, boyle them in beefes suett or swines lard clarified, dipp them in the liquor boyling till they are crisp, then send them vp with Sugar strawed.

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nuttmeegg & stirr as much flower as will make it  
batter cut *your* apples round in slices, boyle them in  
beefes suett or swines lard clarified, dipp them in the  
liquor boyling till they are crisp, then send them vp  
with Sugar strawed.

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370 To make a cold hash

Take cold hen & onion slitt as thin as you can  
beat it tender between two dishes drein all *the*  
liquor out take lemon & anchoves cutt small  
mingle together & strow them all over, putt oyle  
& vinegar on them, garnish *your* dish with lemon  
& anchoves./.

371 To make pudding in a pufpast dish

Take the 2 wings of a roasted Capon the fatt of *the*  
kidneys of beefe & the gravy of *the* meat shred  
them all as small as you can then wett them with  
the yolkes of 3 or 4 eggs, 4 spoonfulls of sack  
one nuttmegg some currants, citterne & sugars  
as you think fitt to season it then putt it into  
past

372 To make Syrrup of Clove Iylly=  
=flowers

Take a peck of Clove jylly flowers cutt off the topps  
bruise them very fine in a marble mortar, take  
as much scalding water as will make them into  
a Papp, lett it bee in a silver or earthen vessell, &  
and past it vpp & putt it into a pott of boyleing  
water of ver the fire there to remaine an houre,

then straine it out & putt to it thrice the weight  
of loafe sugar finely searced by little & little  
till it bee all consumed, when it is dissolved <sup>it</sup> put  
the fire till it iust boyle vp & noe more, that  
the scum<sup>m</sup> may bee taken off.

373 The same to be vsed to Violettis  
To make Currant wine

Take a quantity of water & as much Currants as will make it strong & deep redd, boyle it very well, putt them in a earthen pott & cover them, the next day when they are cold putt them in a sive & straine them out into a earthen vessell that has a tapp, lett it stand 2 or 3 dayes till it bee very cleare, then draw it off into an earthen pan as long as it runs cleare, then take Sugar & sweeten it well, so bottle it vpp. its to bee well Cork't boyle it 1/2 dozen razes of Ginger in the Currants./.

374 To pickle Cucumbers

Gather your Cucumbers in the heat of *the* day, wipe them & putt them in a well leaded earthen pott, & lay them in rowes till you have filled the pott as full as you think convenient, then take the best white wine season it with salt & putt in *wha* t quantity of Dill you thinke

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convenient, sett it over the fire lett it boyle & take off *the* scumm as it riseth, then poure it boyling hott vpon *the* cucumbers as before & lett them stay stop'd close *with* a napkin & some kind of cover to keep the aire out till *the* next day, then boyle it as before, this doe 7 or 8 dayes & if *the* vinegar wastes add more, then boyle the Pickle every other day for a weeke or more keep them soe you must putt ginger & nuttmeggs to the liquor./

375 To make Aqua mirabilis

Take 3 pints of Sack one pinte of Spirit of ~~white~~ wine, calendine, balme, minte of each a pinte of *the* juice one handfull of melalott flowers, cubibs, galingall, cardinums, nutmeggs, mace, ginger of each 2 drams./.

376 To make Syrrup of Garlick.

Take 3 heades of Garlick pill them & prick them & 2 quarts of white wine, a handfull of red sage,

a handfull of unsett hyssop, a hand full of hartstonge  
boyle these all together till the 3<sup>d</sup> part bee consumed  
then a pound of live honey, & give it one boyle, then  
straine it & keep it for *your* use, when you use it  
shake it much & take two spoonfulls at a time./.

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377 A Receipt for dieing of Straws  
To die heir colour

Take cleane water and as much of yellow wood  
as you shall think fitt, first boyle them in allom well:  
then lett them coole, after they bee cold, boyle  
them all well together in the yellow wood till they  
bee of *the* colour you would have them/.

378 To die redd

Boyle them in allom then take brasile &  
water boyle them in it: the longer you  
lett them boyle the deeper they will bee.

379 To die purple

Boyle them in allam, then boyle them in  
Loggwood.

380 To die greene

Boyle them in allam then take them forth  
when they are cold take nidico & stale chamber  
=lye warm them lukewarme then steep the straws  
8 or 9 dayes./.

381 another greene

take 2 pennyworth of stone blue, 2 pennyworth  
of verdigrass steep in stale chamberlye dyes  
greene *with* out boyleing  
Stone blue & chamberlye dies blue without  
boyleing./.

## Syrop of march mallos

take march mallos Roots 2 ownces  
Scutchgrass Asparagrass Liquaras  
Reasons of Each half an ownce  
the tops of march mallows & Common  
mallos pelitory of the wal Burnet  
Saxsafrige plantine whyte & black  
maydne hayre of each one Handful  
Red Citorn one ownce the fowr Greater  
and leskar Cold seeds of each 3 dr  
ams Infuse these Ingrediants a  
whole day in 6 pound of fayr watr  
then boyle it till a fowrth part  
be Consumed then strayne it and  
press the Ingrediants then adde  
to the Cleere licquor 3 pound of  
Shugar put it in a Glased piptkin  
let it boyle Gently in a Kettle  
of watar to the Consistanc of a sirop

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**back endleaf 1 verso || back endleaf 2 recto**

**back endleaf 2 verso || back endleaf 3 recto**

**back endleaf 3 verso || back inside cover**

**back outside cover**

**spine**

**head**

**fore-edge**

**tail**