

English Recipe Book, 18th century

Publication/Creation

1700

Persistent URL

<https://wellcomecollection.org/works/mqfstnnu>

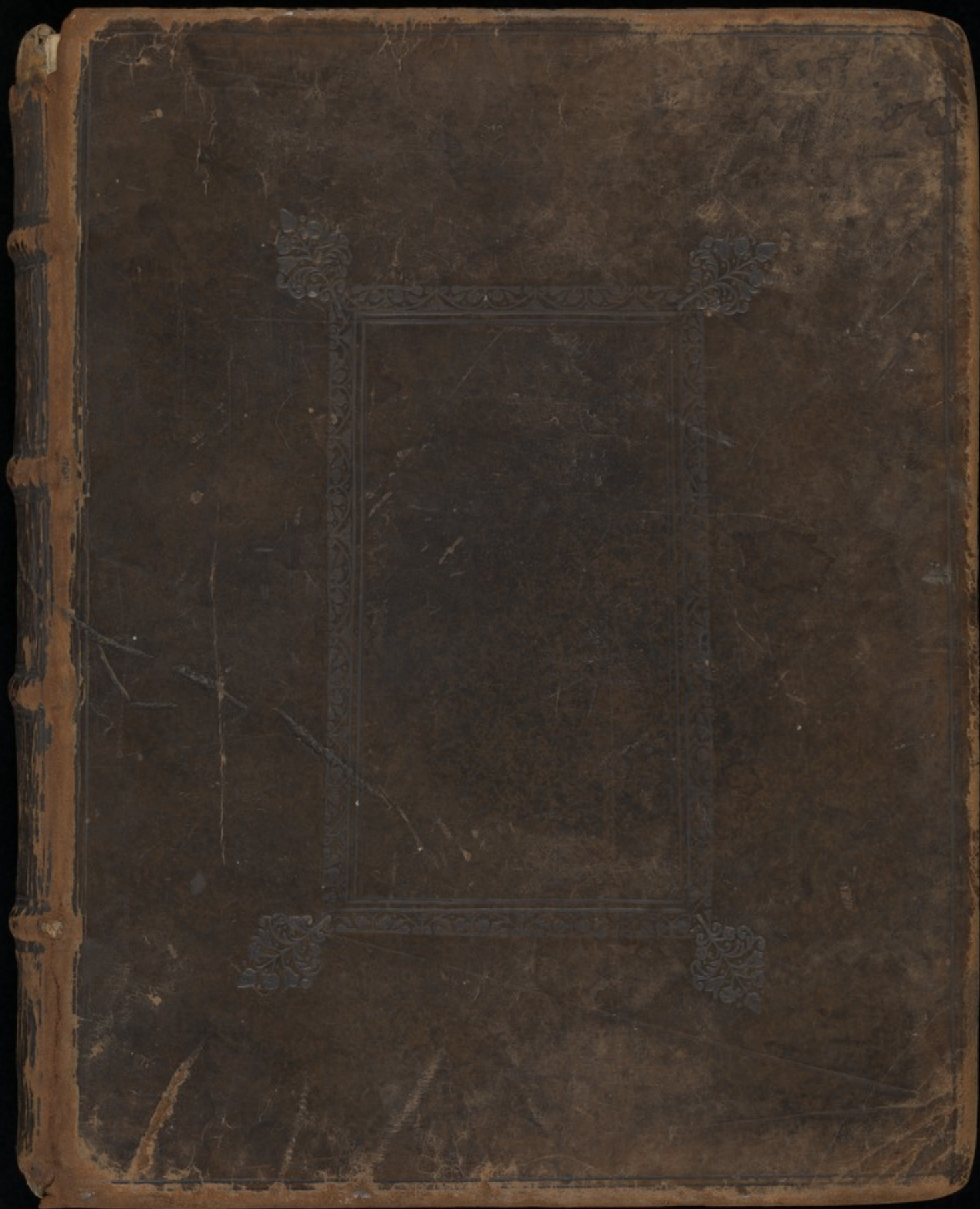
License and attribution

This work has been identified as being free of known restrictions under copyright law, including all related and neighbouring rights and is being made available under the Creative Commons, Public Domain Mark.

You can copy, modify, distribute and perform the work, even for commercial purposes, without asking permission.



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



The Library of the
Wellcome Institute for
the History of Medicine



Western Manuscript

6956

Accession Number

349058

Elizabeth Smith her book
geuen her by her mother in the
yeare 1700

W. H. H.

H. H. H.

(17th)

Manuscript
C. 395

the fol. Lord. I. Lo. Lere

p

W. H. H. W. H. H.

7

14

12

W. H. H.

^{to a wine}
A nexcellent recait for a scald - take
rocket Leues som callit pot giliflowers &
serues and stamp them and boile it up with
lard tel it comes to a ointment then an
nt the scalded place with the ointment
then get som hartstong Leues and Lay the
funny side to the cald

If it swells or is starky take chickweed
singrin parslay &c each ^{and} a good hanfull shred
this all to gether and boilit in milk and
water thikit with barley meal or st-mel

A rare Medecine for the scurfe in the head and ~~com~~ prevent
the hair from falling off.

~~the Juice~~
Take the Juice of Mallons boyled in old Cytle and apply
to the place.

An excellent Corgell water

Dragon mint a handfull a litel tarigon scorgum
fillpendolo nip mead

the

An excellent Corgell water ²
Dragon mint hame a litel Sprig of louredg
angelico a handfull a lited targon scorgum
fillipendelo nip mead parsley egremony
beteny scabious penyricl ~~pimper~~ pimper^{nell}
mother time ~~scab~~ marigrom of each a
good hanfull tormentell roots and greens
a good hanfull a litel tanse 2 or 3 lay
leues meletet flowers piny flowers
couslips flowers maragool flowers red
roses bugil boredg loue and idel ~~canis~~
cloue flowers lavender flowers
sedewery galingall cardemoms of
each a dram grains quibs half a
dram safora a sacrunter

For a soure throate

take singue foile a good quantity boile it in
water then put it into a close mouthed cruse hold
your mouth soe as the aire come to the throate as
hott as may be suffred sup of the steeme and
hold it in your mouth as it cooleth spitt it
forth and take fresh and fresh

If the throate swell

take the greene barke of elder and bay saete
and beate them together untill they be smale
apply it to the throate by way of plaister hott

in

To make harts^{horn} Jely

3

take halfe a pound ~~of~~ harts horn five
pints of spring water simmer it four of five
ours In a pipkin over a slo fier tel it Jely
prity stit then strain it from the harts horn
to ~~3~~ pints pints of Jely put a quart of
renish wine sum sinament the whils of 6 eage
beten 2 or 3 spunfuls of rose water the giuse
of 3 or 4 lemons then sweeten it to your tast
then strain it thron a flanel bag 4 times
ouer **℞** To mend Cheny ~~℞~~ **℞**
take the white of an eage and strong cheser
Chese beat these to gether uery well then put
to it a litel flower

[Faint, illegible handwriting on lined paper, likely bleed-through from the reverse side.]

[Faint, illegible handwriting on the right edge of the page, likely bleed-through from the reverse side.]

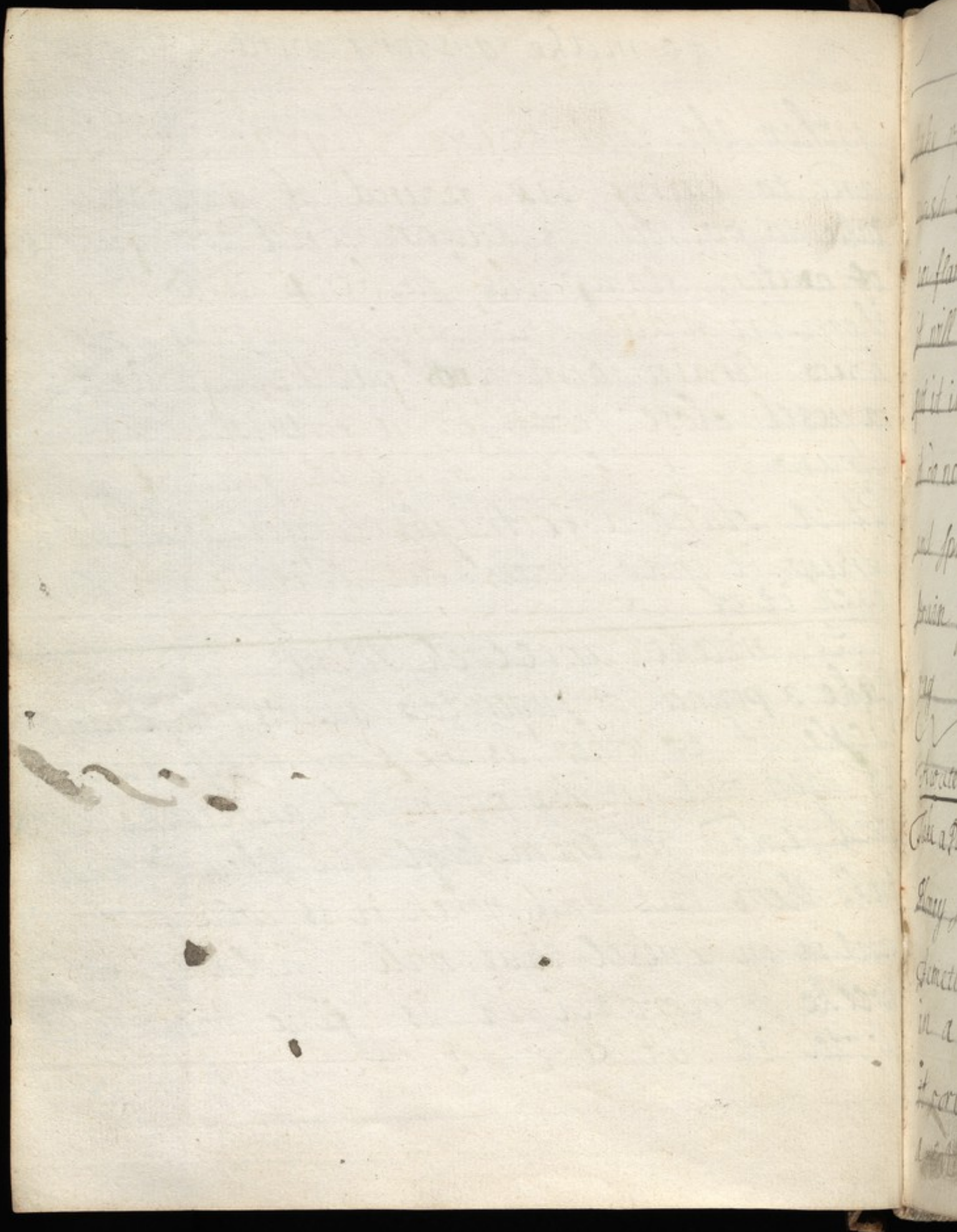
to make gosbery wine

4

gather the fruit before they are too ripe
and to every six pound of gosberys
take to pound of suger and two quarts
of water stamp the gosberys and steep
them in water and suger twenty four
hours strain them and put the liquor in to
a vessel close stoppt for a fortnight or 3 weeks
draw it off if you find it fine if not
let it stand a fortnight longer and then
draw it into botels but if it be not fine
rack it off

To make apreece Wine

Take 3 pound of suger to 3 quarts of water
boyle it together as the foam riseth take it
off then put in six pound of apreece pards
and stoned let them boyl till they be tender
take them out and when it is cold straine it
put it in a vessel that will hold it for a
weeke or more till it is fine then
botel it out



To Make curant wine

Take ripe curants and strip them and
 mash them with ^{meat} your hands and hang it
 in flannel strainers til it runs as much as
 it will Let it rune on shuger a pound to gaton
 put it in a uessel Let it stand 10 days then bottel
 it do not stop uessel in 2 days Host a hard crust
 and spred it with barm and put it in the uessel
 strain your liquer in the uessel throw a moslin
 rag

A water for a hott Liver

Take a Pottle of butter milke a good handfull of
 Honeysuckels as much Elder blossoms as much
 Semetory as much Planting fill these together
 in a cold still and let the parti Drinke of
 it six spoonfulls in a morning fasting with
 a little ~~sugar~~ a little sugar

[Faint, illegible handwriting on lined paper, possibly bleed-through from the reverse side.]

[Faint, illegible handwriting on the right edge of the page, possibly from the adjacent page.]

6

To make Almond Cakes the Lady Archers way
Take a pound of Almonds blanch them In cold Water beate
them very fine In a stone Mortar put in now and then a
spoon full of Damask rose Water to keepe them from drying then
take a pound of suger finely beaten and seched mix them and
set them over the fire and stir them well together then take it of the
fire and beat up the whites of some eggs to a froth and with the
froth make it into a past as thick as for a pudding and with
a spoone put it on papers and strow seched suger on the top of
them and soe bake them,

To make a Sack . Poffet
Take half a pint of sack and half a pint of Ale and half a pound of
sugar then take 100 eggs and beate them and straine them then put them
to the drink and stir them together in your bason on a chafindish of coles till it
is scalding hot then take two quarts of cream boyling hot and put Into the
drink and stir it altogether a litle while then cover the bason and let it
stand half an hour you may put a blade of mace or cinnamon in your cream
if you please Just when it is to be served up to stir it a litle with a spoone and
and turn up some lumps it makes it look prettily,

[Faint, illegible handwriting visible through the paper from the reverse side.]

To make an Oatmeal Pudding.

Take a Quart of Cream and as much Oatmeal flour as will thicken it as thick as a pudding before it is baked boyle it till all the vanneys be out then season it wth sugar and as many Eggs and nutmegs as y^{ro} will butt^e y^e dish before y^{ro} put it in and lett it be baked wth a quick heat;

Water for a hott Liver

Take a Pottle of Bull^e-milk a good handfull of Honey-suckles as much Elder-blossoms as much Treemallow as much Plantain still these together in a cold still and lett the Fly drink of it 5 or 6 spoonfulls in a morning fasting wth a little Sugar;

[Faint, illegible handwriting on the left page, possibly bleed-through from the reverse side.]

196
and
the
of
is
each
then
Hells
for an
make
a
man
it will
the
full
little
ew

To make Sausages

Take a leg of Pork cut out all the strings
and the fat from it and the skin then take
the lean and shred it very small take to a leg
of Pork 3 pound of the best beef suet and cut
it very small then take 2 good handfulls of Sage
wash it very ~~clean~~ ^{cleane} and shred it very well by it self
then beat 2 or 3 Nutmegs very small then take the
Yelks of three Eggs mingle y^e Eggs with y^e meat
yⁿ put in y^e suet and sage and ming^e y^m well toge-
ther and season it wth salt according to y^e taste yⁿ
make y^m up into Roules 3 fingers thick and so fry y^m in
a pan wth sweet Butter till they be enough whⁿ you
have mingled y^m all togeth^r yⁿ may keep it in a lump
it will keep a week yⁿ may put y^m into gutts as yⁿ do
oth^r sausages if you please yⁿ may take halfe a hand-
full of time and as much sweet Marjoram and a
little pepper but this is not according to my own

[Faint, illegible handwriting on lined paper, likely bleed-through from the reverse side.]

[Faint, illegible handwriting on the right edge of the page, likely bleed-through from the reverse side.]

9

To make cleare cakes of any Fruit
Pick the fruit and put it into a stone pott
close covered let it stand in a Boyling skil
let of water kept boyling all the while till the
Juice is come well out which will be about 2 or 3
hours a cordling as the fruit is in ripness for
the riper the fruit is the sooner it will be done then
pour it through a strainer and lett so much as
will come cleare through be saved by it selfe then
take the weight and quantity of sugar and if it
must be harte suger and if it be for any white
thing it must be double refined and dip it in
to the water and when tis a little melted boyle it
to a candy till it begins to be sugar againe then
take it of the fire and put in the Juice and stir
it very well together and set on the fire againe
againe and keep it stirring till it be ready to
boyle but do not let^{it} boyl then take it of the fire
and put it into the store ~~3 day~~ ^{3 days} or more as
the shall see cause then turn them out

upon glass

plates or pewter but glass is best and sett them
into the store againe till they are dry enough turn
ing them sometimes but not very often



10

For Sinerus spent or sprained.

Take May butt^e and Elder buds, and
make it into an Oyle and anoint the Griefe
wth it before the fire; - - - -

For an Imposthure

Take the Roots of Flour-deluce the roots of
the white Lilley by even portion stamp y^m
and seeth them in good Ale or Wine put
th^e to a quantity of good honey then coole it
a little, and give the sick to drink of it two
Spoonfulls at once; - - - -

For a scald in any part of the Body
Take the inner Rine of Elder boyle it in Crea-
me till one halfe be Consumed away and anoi-
nt the place with it; - - - -

To make a Cow helle pudding
Take a Cow helle & shred it very small &
halfe a pound of Beefe suit & half a pound
Currants the Crum. of a penny loaf grated
Season it with clutmy sugar and salt according
to your taste then take the yolks and whits of
as many Eggs as will make it into paste and

tye it up in a cloath and boyle it an^h hour
and half;



A Receipt to make a Lemon pudding



Take two peny white loaves pair of the
crust slice them thin pour as much ^{boyling} milk as
will wet them beat eight eggs put two of the
whites in break in halfe a pound of sweet Butter
put in halfe a pound of sugar a little salt a
little nutmeg cloves and mace grate in y^e yellow
peele of a fresh lemon beat all these very well
together butt^e your dish put it in and bake it,
If you please you may put a border of puff paste
round the brim of yo^r dish.

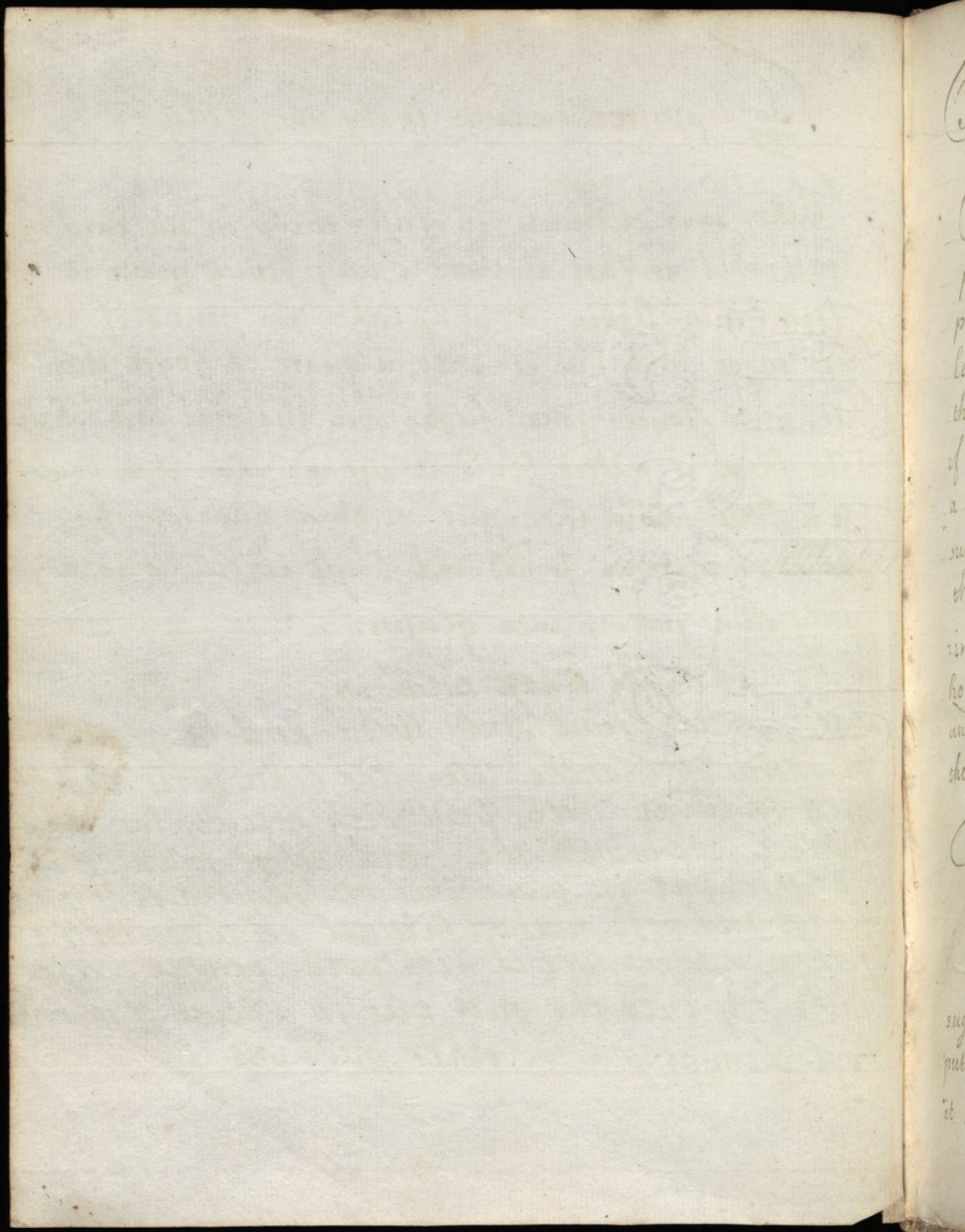


To preserve currants to ly in Jelly

Take some currants in fuse them in an earthen pott and as fast as there is any Juice power it forth then strain it and take two pound of refined sugar and put it into a quart of Joyce then set your Joyce your sugar over the fire and when the sugar is melted boyle it up and skim it, so boyle it a little while then put in three quarters of a pound of currants stoned and boyle it, till it is a Jelly then put it into glasses: — — — — —

To make a hogs puddins

Take grated bread finely sifted and a good quantity of blanched almonds beate your almonds very small and wet them with rose water then mingele them with the bread before you wet the bread then put in mace cinemom suger a few yolks of eags and rose water mingel all these well together marow wet it with cold creame reasonable stiff into the guts put in a peece of morrow boyl them as you doo other puddins



To make a quaking pudding -

Take a quart of creame, and boyle in it a pritty quantity of cinnamon broken in small peaces, and some large Mace one Nutmeg sliced, let it stand all night then take tenn eggs, beat them very well, and put thereto nere halph a pound of sugar when the sugar is melted strain it then take a strong napkin, and with the back of a spoone spread sum butter pritty thick as far as the stuff will reach then put it in, and ty it close, and put in a pot of boyl-
ing water, and keep it boyling as fast as you can a full
hour then take it up, and pour in it sum sweet butter,
and sack, and sugar if you will have it green put in
the Joyce of green wheat or spinage: -

To make gelly creame -

Boyle in Creame, Mace, and Nutmeg then
take it off the fire season it with rose water, and
sug^r then let it stand till it be bloud warme then
put in a spoonful of Runnet, and cover it, and let
it stand, and Jelly: -

as
into
Dye
of the
bubble
we let
as the
into the
Bo
If a p
much p
find it
take it
Bo
Take
for m
stone
them
till the
the wa
and w
let the
take
marm

A good salve for any green wound

Take four handfulls of the herbs called clounces
aleheath stamped, and put y^m into a pan whereunto
add 4^{oz} of ~~Turpentine~~ Barrows grease halfe a p^{nt} of
Oyl of Olive, wax 3^{oz} wⁿ boyled to the consumption
of the Joyce w^{ch} is to be known wⁿ y^e stuffe doth not
bubble at all then strain it adding th^e unto 2^{oz} of Turpenti-
ne let it boyle a little, reserve the same for th^e use the
w^{ch} warm in a saucer dipping th^e in a smal Tent w^{ch} put
into the wound: - - -

For an Agew approved: - - -

Halfe an hour before the fit come take a quarter
of a pint of aniseed water, the Joyce of one Lemon, as
much peper as a thimbel will hold, put it all together
drink it and walk a littel while, and go to bed, and sweat,
take it two fits: - - -

To Preserve Morellow cherries in jelly - - -

Take the best Morellow cherries you can get take waights
for waights in double refined sugar pull of the stalks and
stone them then take a bout a quart of green goosberys put
them in as much water as will cover them let them boyle
till the water taste as sharp as the goosberys then sever
the water from them through a sive and take the clearest
and wet the sugar with it then put in the Cherries, and
let them boyle very fast till they looke very cleare then
take them of and if you will you may put them in
marmelot glasses; - - -

of

an
bo
cold
a li
corol
galan
mix
has

So

by
blue
Bo
i

water
bottle
bottle
is ne
into
in half

How to make cowslip wine — — —

Take to every galland of water 2 pound of sugar, and boyle it well and strain it well when it hath boyled half an hour take it of and let it stand till tis cold then take of cowslips when they ar picked, and bruse a littel to every galland of water one galland of the cowslips and put them unto the water then take to every galand of water one ounce of the sorop of sitarn, and mix with est, and set on work as you do beere when it has worked turnn it up 20 days bottle it up: —

To Make Deco Cakes: —

Take a pound of Flower very well dried by the fire a pound of sugar and a pound of butter 6 eggs but 3 of y^e whites 3 sponfuls of Rose water and as much Lack, and a peny nutme & ounce of carraway seeds beat yo^e eggs and rose water and sack then mix yo^e sugar and flower and butt^r together on a chafindish of Coales untill the butt^r is all melted then pour in yo^e eggs seeds & nutmegs beat it very well together then put it into papers butt^r yo^e papers before you put it in & in half an hour or more they will be baked: —

To dry neates tongues

Take 12 large tongues make them cleane from
the slime by washing them in faire water
then make a pickel for them with Conduite
water with bay salt so strong that it will bear
an egg first boile it and scume it put into it
half a pound of salt peter when the pickle is
cold put in your tongues and let them lay a
full moneth with some thing of weight to keep
them under watter when the time is expired
take them out and hang them up in a Chimney
till they be through dry

15

To make clere cakes of any fruit

Pick the fruit then put it into a stone pot close covered let it stand in a Boiling skillett of water kept boylng all the while till the Juice is come well out which will be about 2 or 3 hours as cording as the fruit is in ripness for the riper the fruit is the sooner it will be done then pour it through a streiner and lett so much as will come clear through be saved by it selfe y^e take the weight and quantity of sugar it must be hard suger and if it be for any white thing it must be double refined and dip it into the water and when is a little melted boyle it to a candy till it begins to be sugar againe y^e take it off the fire and put in the Juice and stir it very well together and set it on the fire againe and keep it stirring till it be ready to boyle but do not let it boyle then take it off the fire and put it into glasses or tinn Coffins and sett it into y^e store 3 dayes or more as the shall see cause then turn them out upon glass plates or pewter but glass is best and sett y^m into y^e store againe till they are dry enough & turning y^m sometimes but not very often

It Recet for a fistul inward bills or
inward ulcers or fistils

take Samele wood bittony wild daisy
roots and Leues red branble Leucus dandib
red ribs in y^e Leues french bugle with bell
Egremony mother wort charfill of each
a hand full mugwort Ribworth wormwood
of each a few Croops was all cleane and
Shake oute y^e water throw a linnen
Cloath boyle them in a quart of
good french white wine over a soft
fier for a quarter of an houre then
put in two or three Spoonfulls of good
hony Let all simmer a while stirring
it well with a spoon then Strain it through
a Cloath Ringing y^e earbes well through
ye Cloath when it is cold put it in to a
glas bottle Drink of it morning and
evening three Spoonfulls at a time
three howers before dinner and super
like warme

16

To make fine cakes with plums

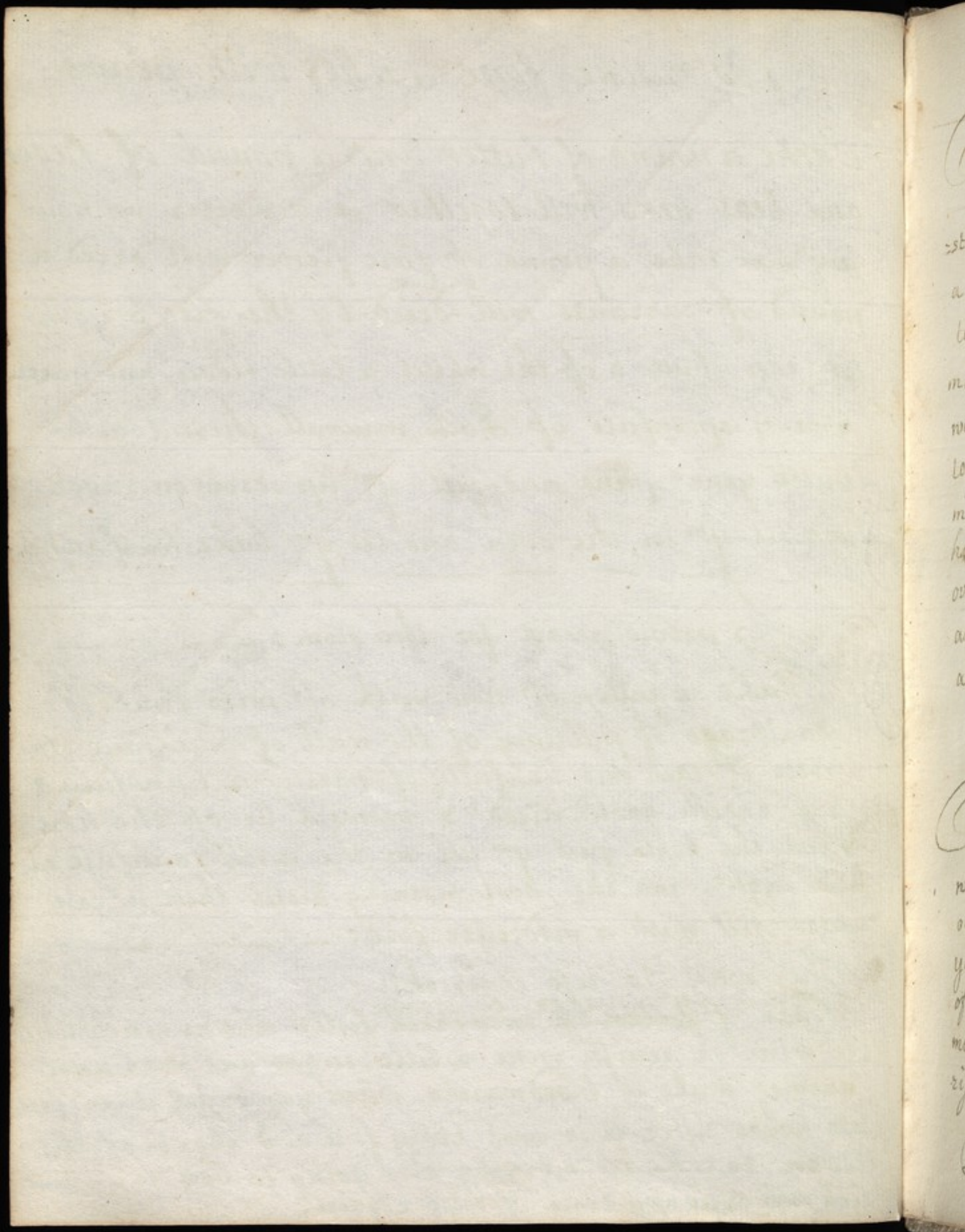
Take a pound of butter and a pound of sugar
and beat very well together in a mortar an hour
~~you may~~ take a pound of fine flower well dried a
pound of currants well dried by the fire 6 yolks
of eggs but 3 of the whites a little cloves and mace
6 or 7 spoonfuls of sack mix all these together
Butter your pans and fill y^m up strow on sugar
and set y^m in the oven and let y^m bake half an hour

proved receipt for the stone: — — —

Take a gallon of new milk of wild time of
Saxifrage of pellitory of the wall of Filapendula
roots of each one handfull of parsley 2 handfulls 3
or 4 radish roots sliced & brewed brew the herbs
& cut the roots put y^m all in the milk to infuse one
hole night and the next morning distil them in a rose
water still with a moderate fire: — — —

The way to use it is this: — — —

Take of ^{ye} ~~gallon of new milk~~ ^{water} 6 spoonfulls and as much white
wine or renish wine a little sugar and some sliced
nutmeg make it bloodwarne when you drink it and fast
two hours after it is good every full and change of the
Moon to take it morning and going to bed to prevent
sicknes & at any time if need requires: — — —



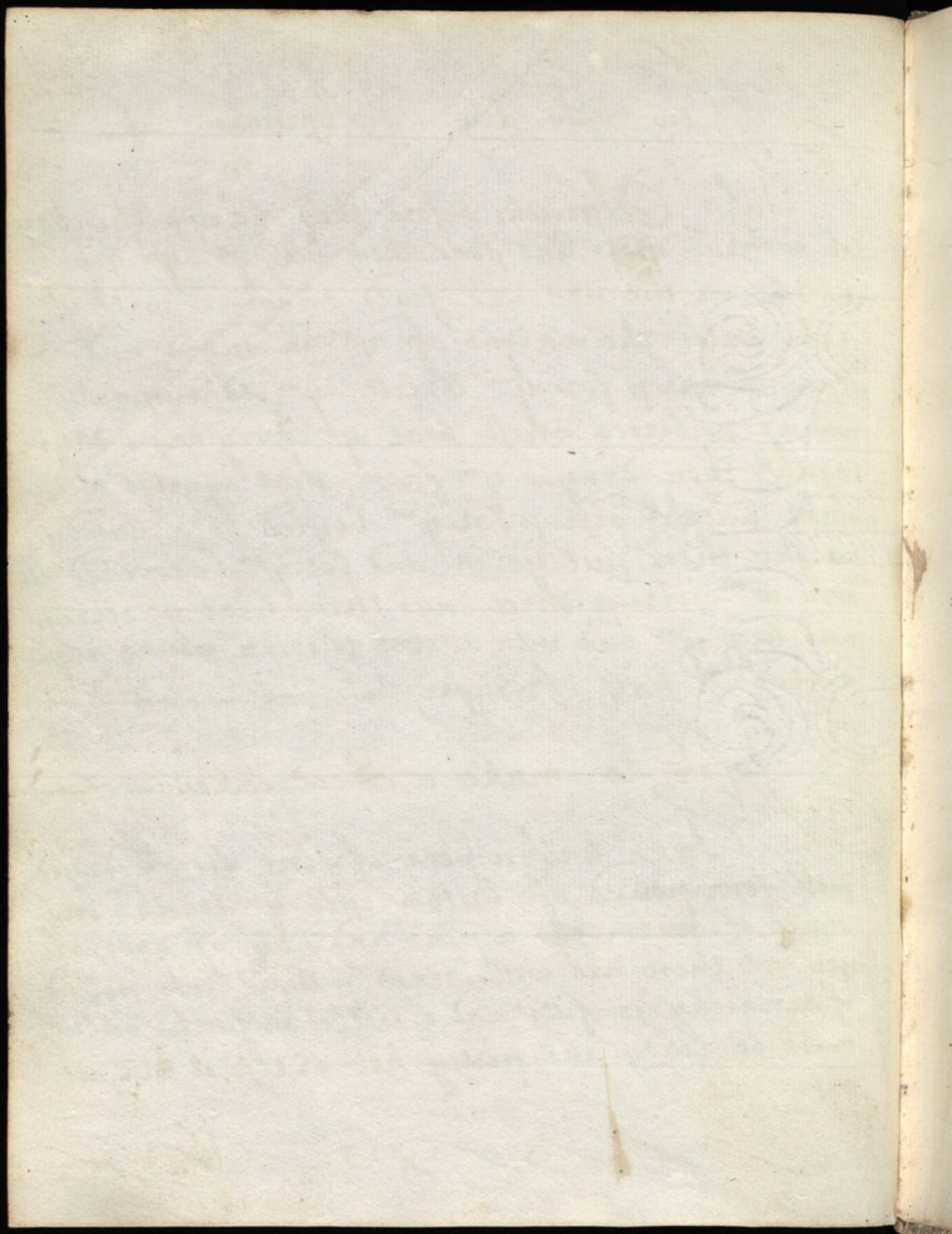
How To dry Apricoks: —

Take Apricoks before they be^{re} ripe the clearest without spots and pare them very yⁿ yⁿ give y^m a slit on the side and scald them in wat^r yⁿ take halfe the waight of y^m in sugar and make a syrrop for y^m & lett y^m stand upon y^e warme embers a while heat y^m every day 3 days togeth^r then drayn y^m from that syrrop and make anothe^r syrrop for y^m boyled to a Candy haight then put y^m in and let y^m be covered all over wth syrrop three days then heat y^e syrrop and lay y^m out into a stoe to dry a pound requires apound & half of sugar; —

How to make a Feed-cake: —

Take half a peck of fine flower dried well four pound of butt^r rubb y^m togeth^r one ounce of nutmeggs a pint and half of good ale yet w^h these are well mixed putt in two pound of carraway comfitts and a little salt the oven must be ready and pritty hot or else it will not rise: —

Decorative flourish



For a strain or bruse aproovd: —

An Ox is gall & a quart² of pint of
Pzrandy boyle all togeth² gently, yⁿ put
it in a viol altogeth² and so keep it for yoe
use: —

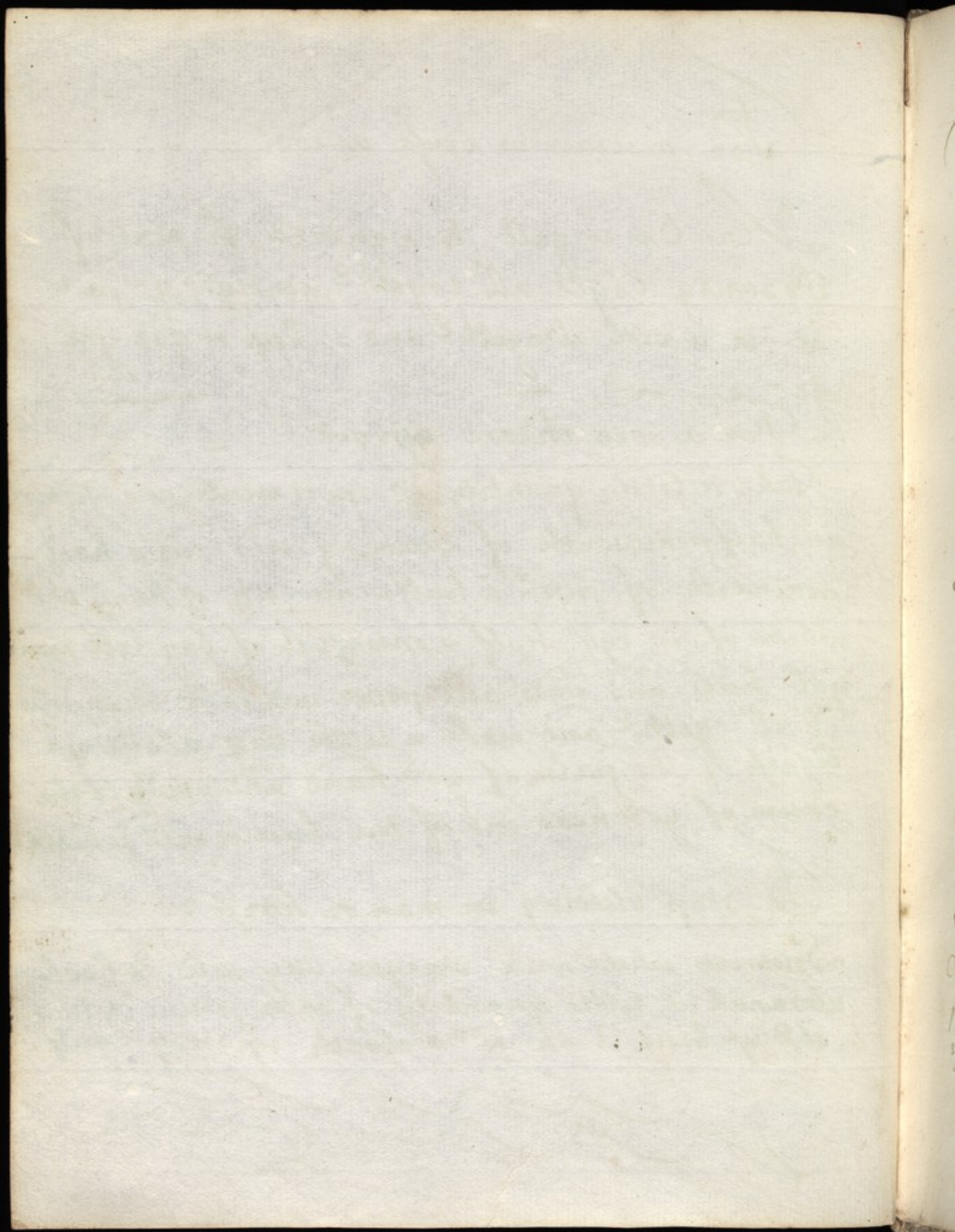
For a sore throat aproovd: —

Take a little quantity of spere mints and wormood
a halfpenninorth of cumming seed and a half-
=penninorth of pep^r & a halfpenninorth of hony the
white of an egg half a spoonful of bay salt pound
yoe herbs and seeds and peper and salt then mix
it alltogeth² and make a little bag about y^e
bigness of the palm of yoe hand and apply to the
crown of yoe head cut of the hair it will so bette^r.

To stop bleeding in man or horse: —

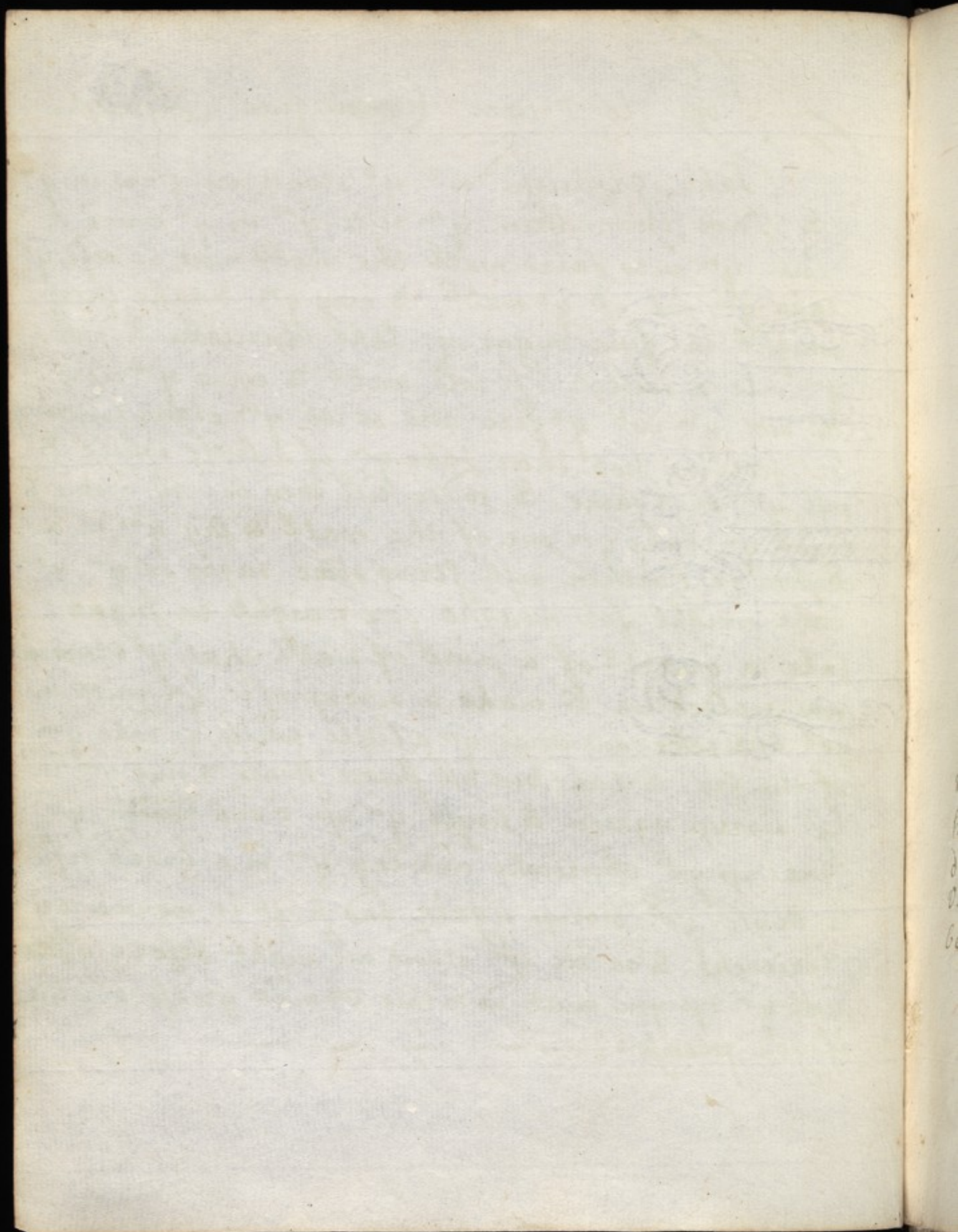
Spemint white wine vinegar bay salt & Coal
almanak a little quantity of each pound it toge-
=th² yⁿ bind it on wth a cloath upon y^e grief: —





How to Preserve ~~Green~~ green Apricocks

Take Apricocks wⁿ y^e stones are firm in y^m
 & Pare them thin yⁿ slitt y^m in y^e seame &
 Putt y^m into faire wat^r the wat^r most be cold yⁿ
 take y^m out of y^e wat^r & w^ay y^m & take there
 waight in fine sugar yⁿ take Apricocks & putt
 y^m into a scillet of cold wat^r & cover y^m close
 & sett y^m ov^r y^e fire and so let y^m stand till they
 be scolding hot then take y^m of a little while &
 sett y^m on againe & so doe till they be very greene &
 tend^r yⁿ take y^m out of the wat^r & lay y^m in a
 Sylver or Earthen dish strew some sugar on y^m yⁿ
 take waight for waight for waight in sugar
 take a quart^r of a pint of wat^r that y^e Apricock
 was scalded in & make a sirrup of it yⁿ putt in
 yo^r apricocks and boyle y^m a little while yⁿ take y^m
 of the fire & take out all sheare stones & put y^m in
 y^e sirrup againe & boyle y^m up 5 or 6 ^{times} ~~more~~ yⁿ
 take up yo^r Apricocks and lay y^m in a broad dish
 & boyle yo^r sirrup againe and putt it warme to y^e
 Apricocks & so lett y^m stand all night before y^e ~~you~~
 putt y^m up you must ad to this Amb^r grease or musk
 if you please:

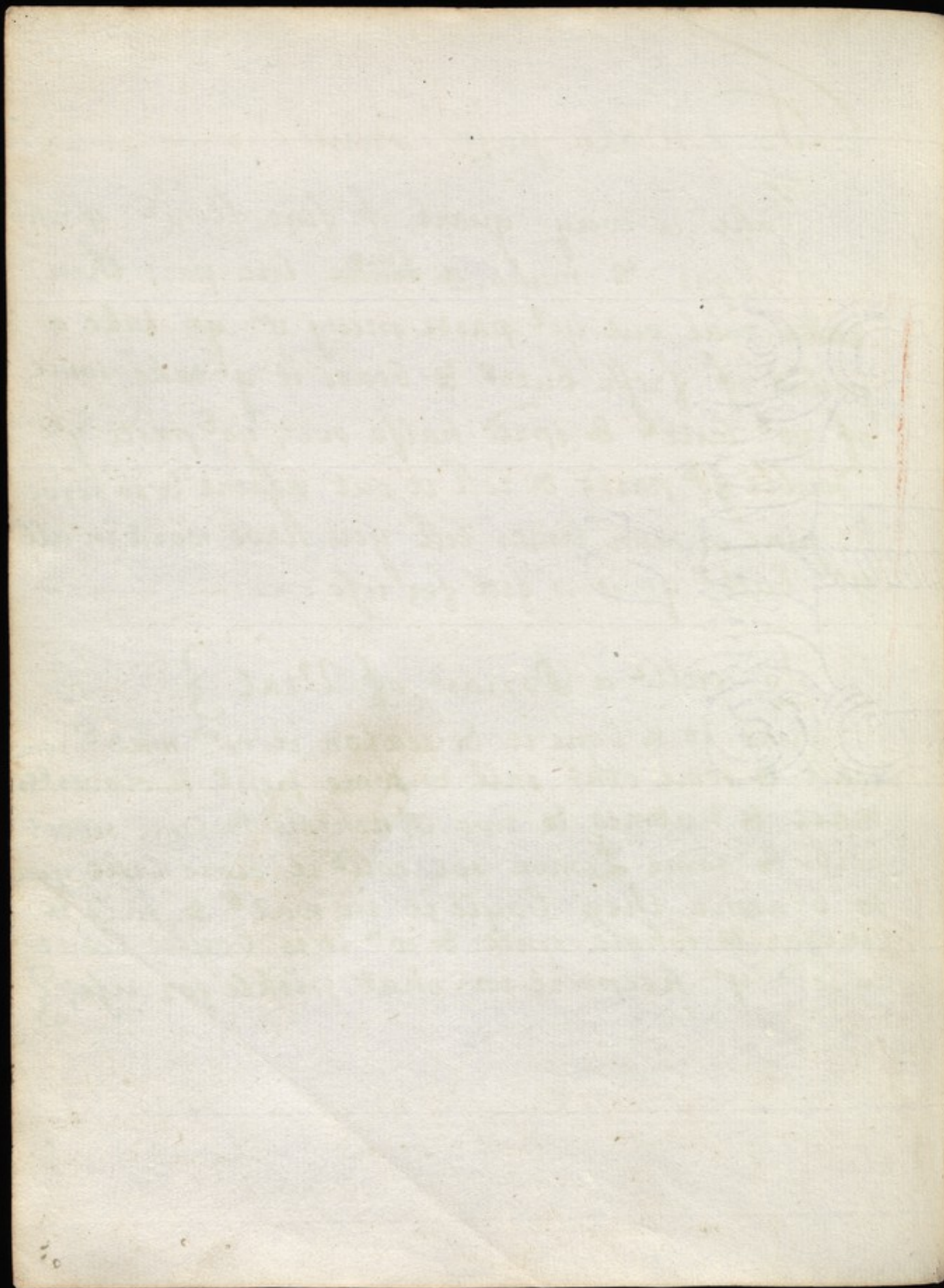


To Make puff Paist: --

Take to every quart of fine flow^r 4 white
of Eggs & make a ~~make~~ ^{fine} lite past then
~~take~~ roul out yo^e paste pretty yⁿ yⁿ take a
pound of fresh butt^r & beate it yⁿ take some
of yo^e butt^r & spred halfe over yo^e paste yⁿ
double yo^e paste & roll it out againe & so serve
it nine or tenn times till you have work in all
yo^e butt^r yⁿ it is fitt for use: --

To call^e a Prcast of Veal }

Take it & bone it & season it wth wat^r & some
salt & some oth^r salt & some pep^r & cloves &
Mace & Nutmeg & two Anchovis & some sweet
herbs & some Lemon see coll^e it close like you
do brawne then boyle it in wat^r & salt &
Vinegar & whole spile & wⁿ it is boyled let it
be cold yⁿ keepe it in that pickle for use; }



To call a Pigg. Emmer

Take yo^r Pigg & bone it & lay it in wat^r & salt one night yⁿ season it wth some pep^r & salt & some cloves & mace & nutmeg & three anchovis and a few sage leaves & some Lemon soe call^r it up close yⁿ boyle it wat^r and salt & some venegar & a pint of white wine soe keepe it in that pickle adding to it some small beere so keepe it for use } :

To Make Paist for great Pies. }

Take to every quart of flow^r a Quart^r of a pound of butt^r & put y^e butt^r in when y^e wat^r boyles & boyle y^e lick^r very well & take it of y^e fire & scum of y^e froth soe make yo^r paist & lett it coole y^t it may be smooth soe make yo^r pie & close it wth flow^r & wat^r } :

To make Cheescakes. }

Take y^e tend^r Chees-curd & a bitt of butt^r y^e bigness of a Turkes egg & mix wth y^e curd yⁿ put in 6 eggs well beaten yⁿ season it wth Cloves & mace & Nutmeg & some sugar & some Currants yⁿ put to it half a pound of blanched & pounce allmons & mix wth y^e curd yⁿ put in some candied Lemon & sittorn & dates so sett th^s into y^e coffins yⁿ bake y^m }

M^{rs} Dances Recait for Defnes
Take the oil of notmegs melted and 2 or 3 drops
of hongery water in it and so dip som black
wool in it and put it in the eyere

To Make Custards }

Take 2 Quarters of Creame & put it into a brase pan or stue pan over y^e fire far to boyle & put ~~a~~ in some whole Cynnamon & mace a little Nutmeg soe wⁿ it boyles take it of y^e fire & let it be cold yⁿ beate ~~it~~ up 4 eggs all y^e yolks & half y^e whites yⁿ put to y^m some sug^r & rose wat^r & yⁿ sett all this to y^e Cream yⁿ strain it all through a siffe or strain^r & soe fill yo^r crust wth it & so bake y^m

To make Rice ~~with~~ Pudding }

Take a pound of rice & wash y^m & pick & boyle y^m in new milk yⁿ take y^m of y^e fire & set y^m to coole yⁿ take a pound of currants & wash y^m & pick y^m & take a pound of beef suet & seed smal & nutmeg cloves & mace & ging^r & cinnamon & a little rose wat^r & a glasse of sack & some sug^r & some fresh butt^r 15 eggs soe mix all this togeth^r & put puff paist ov^r & und^r it & bake it on hour & scrap sug^r on it & send it

in }

For sore Eye

take rotten apels and still in a cold still wash y^r eyes with the water it purges and cleneth them

into it

100

cr
pu
rec
br
= c
li
vati
in y
day
y^e
mak
of
ha
it
it
= c
are
ma
par
a li
E

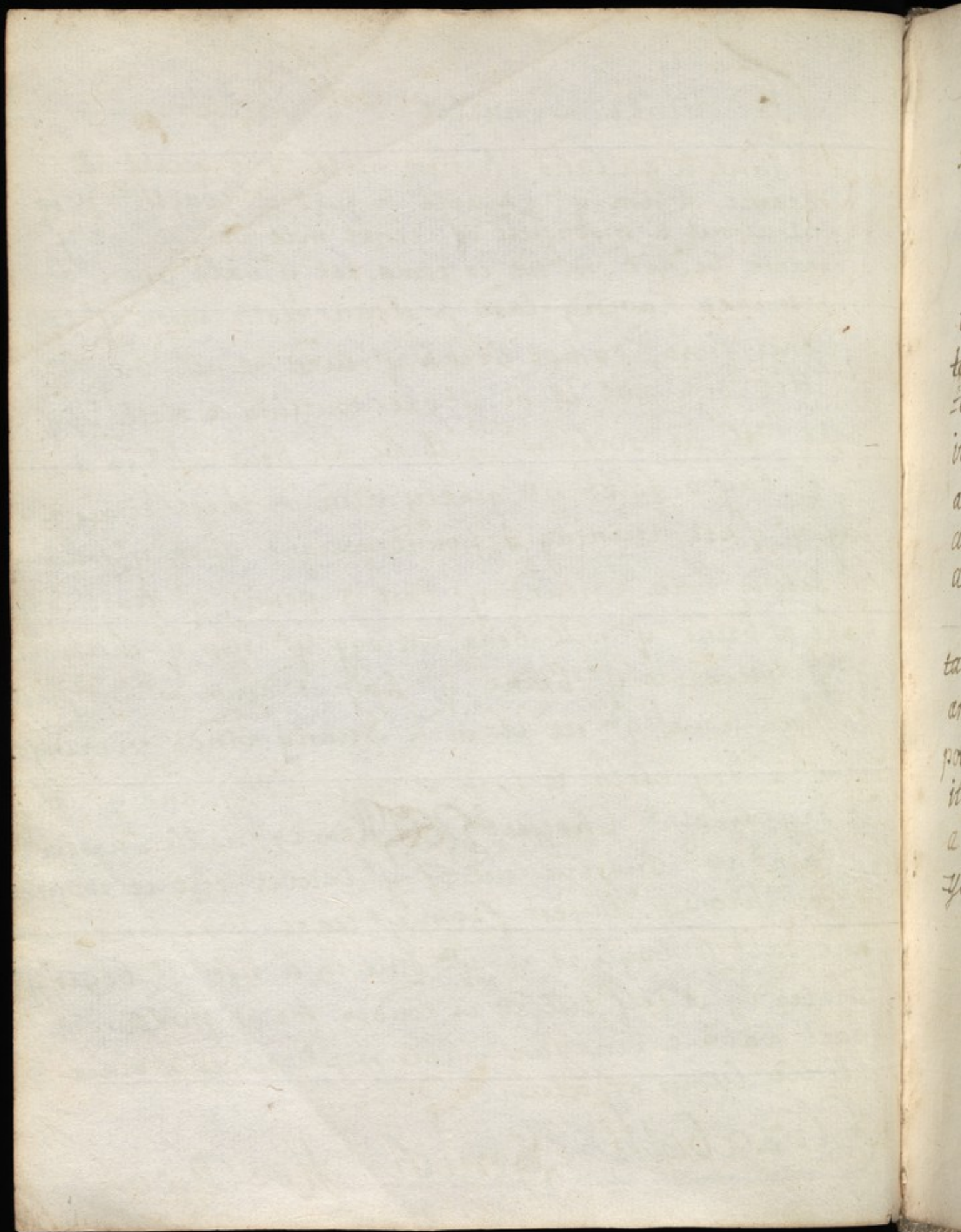
To Make. Angelet

Cheese: — — —

Take a galland of new milk & a quart of
creame, warm y^e Creame & put it togeth^r & so
put about a spoonfull of renet into it let not y^e
creame be^r hot w^h it is come set y^e vate upon a
trencher having laid a clean cloth upon y^e tren-
cher first, do not break y^e curd at all but wth a
little dish put it in y^e vate putting a cloth in y^e
vate till it sinks w^h will be an hour aft^r it is all
in yⁿ lay a foll^r yⁿ gently turn it three times a
day y^e first turning 3 pound weight upon y^e foll^r
y^e second turn 2 pound y^e last 3 pound, y^e fourth day
make a brine y^t will bear an egg yⁿ slip y^e cheese out
of y^e vate into y^e brine yⁿ keep it down wth yo^r finger
half an hour yⁿ set it in a Sunny window covering
it wth a dry Cloth & turn it twice a day and yⁿ let
it dry as oth^r Cheeses.

~~How to pickle Purslin~~
Gath^r yo^r Purslin cut of y^e leaves cut it in pie-
ces throw y^e biggest from y^e least take some wat^r
and salt & boyle it in yⁿ put in a sife yⁿ boyle y^e
smaller by it self till it is tender for y^e pickle one
part wat^r 2 vinegar whole pep^r cloves & mace &
a little lump of alum: }

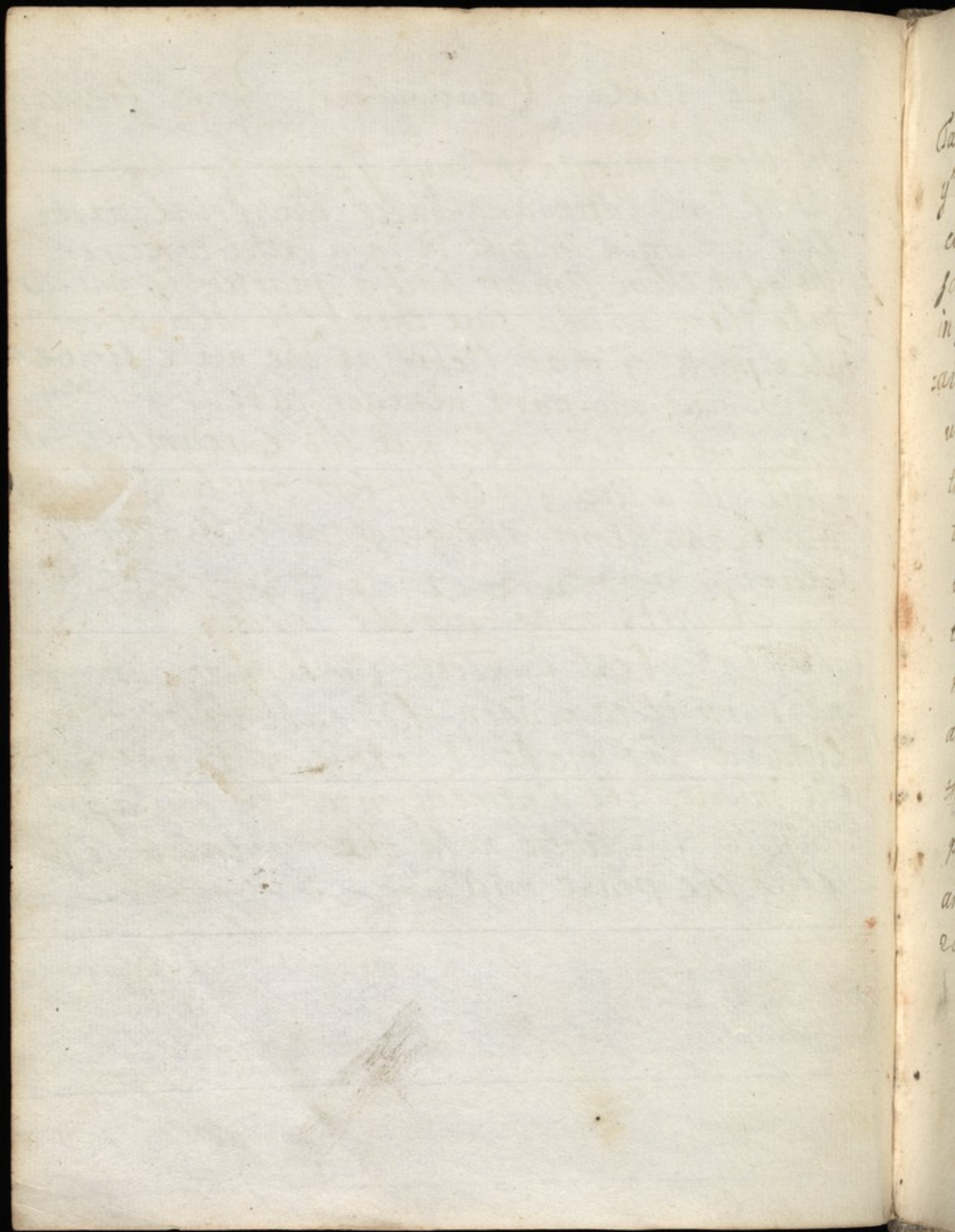
Elizabeth Smith Her Book



To pickle Cucumbers } M^r freman
yay

set them a purgin 5 days 9 days for big wons
halfe fare water and halfe the brine as the
lay a purgin in; put it in a cettel to gether
then set them simmer half a quarter of an our
take them up in a sieve then let them be cold
take 2 parts of that licker as the ware simmers
in and one part wineger take it and boyl
it and when it is cold put the cucumber take
a litel oil a litel feniel a few bay leaves cloves
and mase pepor and ginger a hole lomp of
a lum

A metson to cuer the picles
take of the best soundest Corke you can get
and burn it to powder then take the ointment
poluhume and make it into a oyntment when
it is inward the ointment must be don upon
a candell or a cloth with the oyntment a pl-
yed to the plase will doo - - - - -



To pickle Mushrooms

25

Take y^e Buttons when they^{are} fresh gathered and putt
y^m into water and wash y^m with a sponge put y^m into
cleane water as you wash them then trim y^m having
some water against they are ready to boyle y^m
in so lett y^m have just one boyle up then strain
drain y^m out and putt them into a strong brine of
water and salt while they are hott and lett
them lye 6 houres or a night in it then strain
them from the brine and put y^m in some of the
best whitewine vinegar and lett y^m stand 12 dayes
then take out y^e vinegar and put to them as
much of y^e best whitewine as there was vinegar
and some cloues mace nutmegg Ginger and pepper
then lett it have a boyle and when it is cold
put it to y^e Mushrooms with a clove of garlick or
an onion stop y^m up uery close you may putt in
2 or 3 bay Leaves

To Caller eles

take you eles and bone them and take som pepper
and salt and cloues and mace and nutmeg and
a litel time and season it with then take ~~the~~ them
and ~~ti~~ ti them up close in a cloth and make a
pickel of uinegar and water and salt and pepper and
boyl them in a quarter of a houer then take them
up and let it be cold then take out the eles
and put them in the pickel

To Pickle councumber sliced

26

Cutt ye greeneft of 24 councumbers slice them
likewise slice 3 or 4 larg oinoue into y^m and ming
el a handfull of salt amongst them in a pan
and let them stand 24 houers then draine them very
well then put to them as vinegas as will couer y^e
them and lett y^m stand 3 or 4 houers then take the
y^e same and a handfull of salt one oinoue of large
mace whole pepper ~~in y^e Pickle~~ but as you can
cloves and whol ginger boyle
them attogther in a bagg of thin linaen then
put in y^e bagg with y^e spice amongst the councu
bers and power in y^e Pickle as hot as you can couer
them close with a peice of leather and and let
them stand 9 or 10 days then take y^e Pickle and boyle
it again with y^e spice in it and putt it into y^e councu
mbers

ta
po
a
ro
ap
fo
a
a
th
c
a
a
to
ha
w
fre
bre
can
of

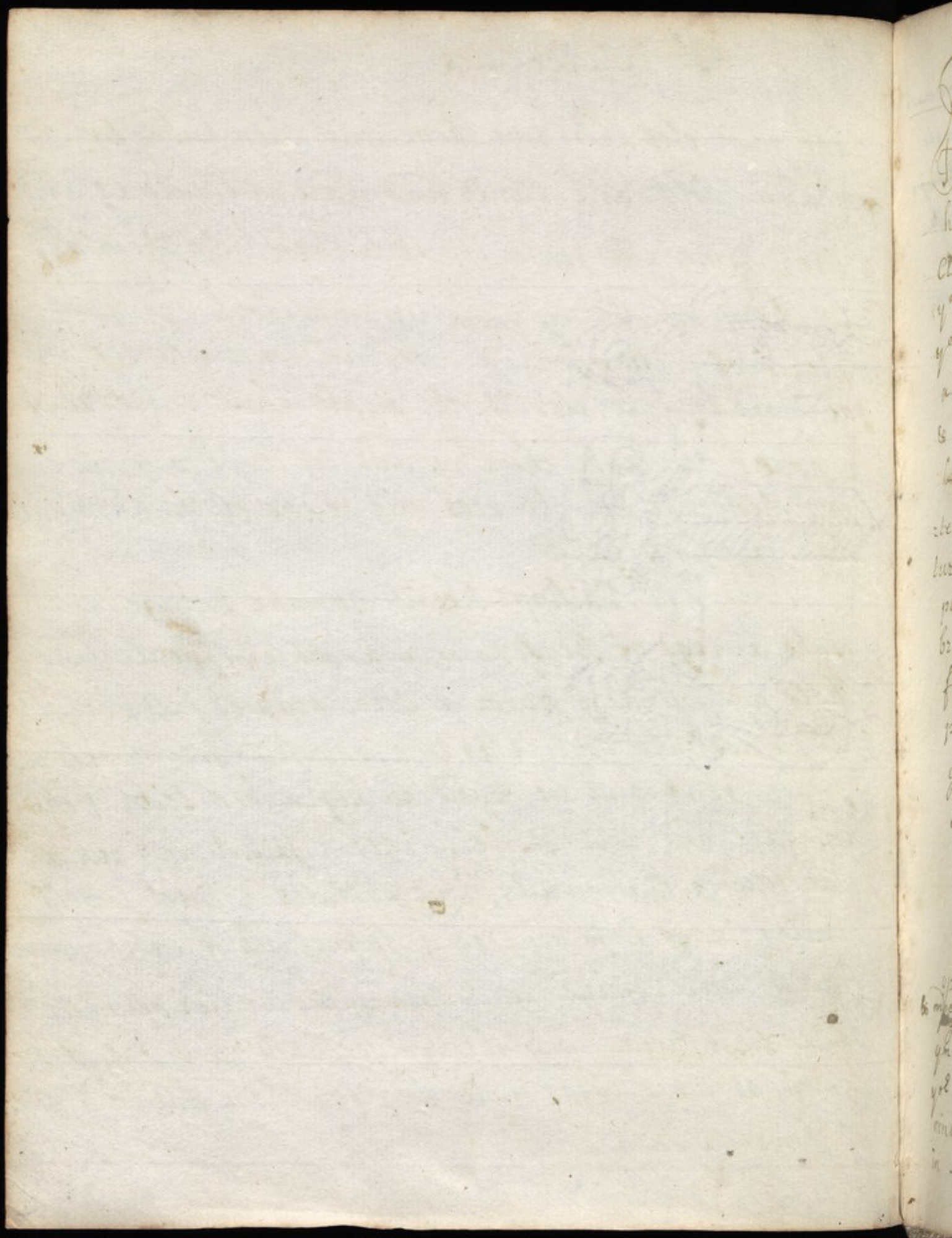
Callers eles

27

take your eles and bone them and then take som pepper and salt and cloves and mace and nutmeg and a litle time and season it with then take them and rol them up and ty them up in a cloth and make a pickle of vinegar and water and whol pepper and salt and boyl the eles in the pickle about a quarter of a houer then take them up and let it be colde then and then take out the eles out of the cloth and put them in the pickle

M^r Philipps Receipt to make pottage

Take a legg of Beafe and a knoeckle of veale and half a pound of Bacon a litle pepper, salt, cloves, and mace and boyle this to a very stif gely broth then strain it of and let stand all night then scim of the top fatt and put ye Jelly into a skillet and put a handfull of Marmaricelly, some pailatts a litle sorrell and Spinage first scalded & spoonefulls of caschopp and french balls friyed and some upper crusts of white bread first dryed and then friyed and a few boyled turnepps cut ye bread of dice and fry them, put in a peice of Somen yme and



Mrs Phillips receipts
To make Pottage.

Take a legg of Boafe a knoele of Veal & halfe a pound of Bacon a little pepper salt Cloves & mace & boyle this to a very stiff jelly broth yⁿ strain it of & let it stand all night, yⁿ scim of y^e top fatt & putt y^e jelly into a scillet & putt a handfull of Marmajelly, some gallats a little sorrel & spinage first scalded, 4 spoonfulls of Cascarops & ~~some~~ french balls fryed & some upper crust of wheate bread first dryed and yⁿ fryed, & a few boyled turnippes cut y^e bread & turnips like dice & fry y^m putt in a piece of somer time & a little grated bread & if it be not thick enough put in a little flow^r and send it in, but y^e marmajelly must be pretty well boyled to be tend^r before y^e oth^r things goe in & lay a roasted Duck or Chicken in y^e middle of y^e dish, when it goes to table.

To make Mango.

Take y^e smallest & greenest Mellons you can gett open y^m in half, take y^e meat out of y^m wash y^m & wipe y^m dry, yⁿ ~~take~~ tie y^m up with packthread putt y^m into water & salt 24 hours, yⁿ take y^m out make y^e pickle with half whitewine vinegar & half bear vinegar scrape ging^r in y^e vinegar, then cutt some ging^r in small pieces & scald a pound of garlick

To a 500 of Mellons cut y^e garlick in y^e same maner
as you do y^e ging^r & slice some horse radish, y^e make
a composition of Mustard & a little vinegar, stuff y^e Mangos
& boyle y^e pickle y^e tye y^e up, lett y^e pickle & y^e boyle
togeth^r y^e take y^e up covering y^e close, in a weeks run
boyle y^e pickle & put it to y^e mangoes & y^e will greene
y^e doing it often till they are greene. 2:1:1

To salt Hams {

Take two Hams & 1 pound of coarse sug^r & two handfulls of white salt dry both well against y^e fire till y^e salt & sug^r be pretty hott yⁿ rubb y^e Hams all over wth it & let y^m ly six days yⁿ drain ~~it~~ y^m out y^e pickle & take four Ounces of Salt-peter & half a pound of bay salt beat it very small & take three handfulls of white salt so salt y^e Hams wth all y^s & let y^m ly ten days in y^e pickle turn y^m every three days yⁿ drain y^m out of y^e pickle & hang y^m about a yard high in y^e chimbley & smoke y^m wth shavens & wetted sawdust y^t they may smoke but y^e fire mus^t not ~~burne~~ flame if it doe they will rust wⁿ they are dried wth smoke hang y^m up in a poore bodys chimney that keeps small fires & hang y^m a foot high & let y^m hang ~~under~~ ⁱⁿ sixteen weeks yⁿ take y^m downe and boyle y^m when you please.

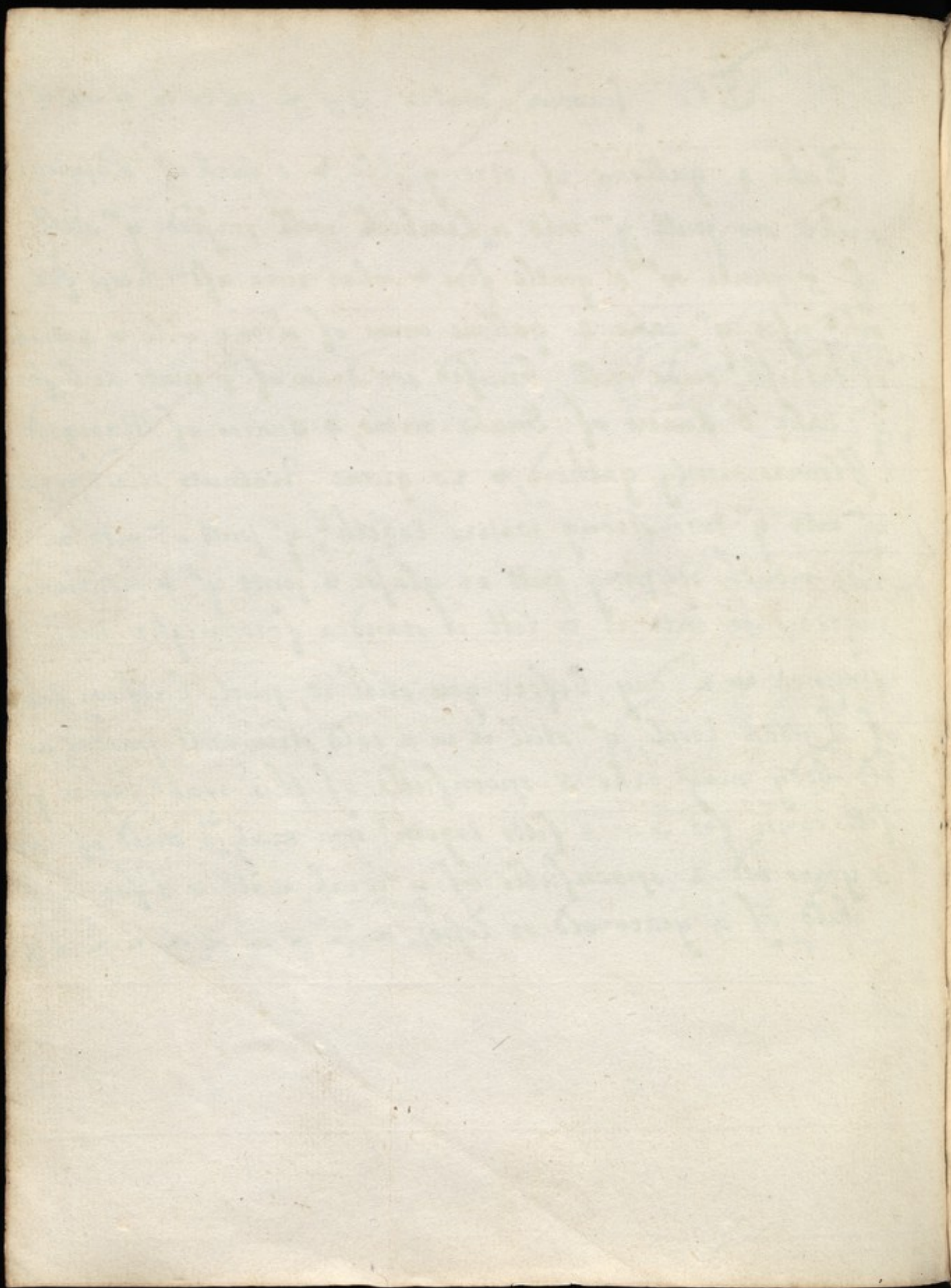
A Frigafie of Pidgeons

Cutt y^e Pidgeons in quarters & putt y^m in a stew pann, strowe a little salt on y^m, & putt to 6 Pidgeons more yⁿ a quart of a pd of Butt & a bunch of sweet hearbs, 1 Onion, 1 blade of mace a little whole pep^r & wⁿ they are stewed a while putt in a little gravy, Anchovy & 4 spoonfulls of whitewine & a little grated Nutmegg, yⁿ let y^m stew togeth^r till y^e Pidgeons be enough y^t thick it wth y^e yolks of 2 or 3 Eggs

& putt in a little juce of Lemons & slice ~~of~~ some &
lay upon itt butt first shake it very well togeth^r, if
you would have it a fryed frigacie, first fry y^e Pidgeons
in y^e butt^r & yⁿ poure it away, yⁿ put all y^e other
things ~~away~~ to y^m in y^e frying pann wth a little more butt^r,

The scavour Water ¶ ¶ ¶ ¶ ¶ ¶ ¶ ¶

Take 4 gallons of strong Ale & 1 peck of Poppeys
 pick'd soe putt y^m into a Limbeck well pasted, yⁿ still
 off 5 pints wth a gentle fire, & what runs aft^r keeps for
 oth^r uses, yⁿ take 4 gallons more of strong Ale, & 4 ounces
 of cardish seeds well bruised, soe draw off 5 pints as before,
 yⁿ take 6 ounces of Snake rootes, 4 ounces of Marigold
 flowers newly gathered, & 20 greene Walnuts sliced, & put
 y^m into y^r two strong waters togeth^r, yⁿ putt y^m into a
 wide mouth sleeping pott or glasse & putt y^r 4 mentioned
 ingredients into it & lett it stand a fortnight well
 stopp'd & a day before you still it, putt half an ounce
 of London treacle, yⁿ still it in a cold still well pasted, an
 old body may take 3 spoonfulls of this wat^r before y^e
 fitt comes for 3 or 4 fitts togeth^r you may ^{give} a child of 2 or
 3 years old 2 spoonfulls of y^e weak wat^r & 1 for a
 child of a yeare old or lesse; ¶ ¶ ¶ ¶ ¶ ¶ ¶ ¶



To Make y^e Red Bond^e to be given to
sweat & good for any distempers & & & &

Take Angelico, Bittanie, Cardish, Draggon,
Lage, Rene, Rosemary, Tormentile wth y^e roots, &
Wormwood of each one handfull, putt y^m into a well
glazed pott, wth 3 pints of Whitewine, cover it & stir
it well once a day, 9, days togeth^r, then take a
pound of the best Bolearmoreck powd^r &
searched putt it into a puter dish & strain y^e
wine from y^e hearbe into y^e powd^r till it
is thick like white pott then set it in a
sunny window till it be stiff then strain
in more of the wine till it is like white pott
again & when that is stiff doe so again till y^e
powd^r have drunk up the wine, att the last
straining of the wine put in wth it Confectio
Alcarines, Venus Treacle, Methredate & Diaseo
rdium of each half an ounce, of Borax one
grain & of the fine powd^r of the black topps of
Malecrabbs, claws one ounce, mix all these
togeth^r when it is dry as before & as stiff as past

make it up into roles as praiste the common
Dose is as much as will ly one a shilling
in a spoonfull of sack & drink 4 spoonfulls
after it, x x x x x x x x x x x x x x x

My Lady Greshames Almond puddings

Take 4 pound of Bread suet shred smal & ~~sift~~
 sifted putt to this quantity of suet 1 pound of
 Jordan Almonds blanched & finely beaten in a
 Mortar wth some rosewat^r for fear they oyle
 then take 1 pound of whitebread finely grates
 & sifted mix all these togeth^r then put to it
 2 pints of Cream, & half an ounce of Nutmeg
 slices half an ounce of mace a few cloves a little
 Cinnamon & a race of Ginger strain out the spice &
 put to y^e cream a pound and a half or 2 quarters
 of fine sugar dissolve y^e Sugar & a little salt
 boile a little Amber grese in it wth y^e spice att
 first, w^h tis almost cold then take y^e yolkes of
 12 Eggs & 4 of the whites, then make a hole
 in y^e middle of y^e Almonds bread and suet, then
 strain in y^e Cream blood warme besure to wipo y^e
 gutts very well on both sides & w^h you have filled
 y^e gutts besure to tye y^e ends very well &

fill y^e gutts butt heelf full they must be
small gutts a grains of musk or Amber will
doe & half an houre will boile ym be sure not
to blow under y^e pan if you doe it will break
ym : †

~~For the Cough of the Lungs~~
~~Take a quart of spring water and as~~

A plaister to stay the Rhume

take new pigeons dunge and dry it take peper
grossly beaten and put into a bagge and lay on
the mould of the head and upon the nozell

To staie bleeding

Take cloues and burne them under the nose or
take the topps of red nettles and stampe them with
bay salt and lay them to the temples probatum

To helpe digeston and to helpe mallan^{cholly}

take burrage and parshy a good quantity pound
it and straine it and boile the iuyce in a skill
ett scume it uery cleane and take to a quart
of iuyce a pinte of rose water and as much suger
as will make it a weake sirrup boile it in a
siluer or pewter pott and put gold in the
boileing — — — — —

To Smoak Beefe & & & & &

Take the thicke legg part of the Buttuck of
Beefe, & you will find a skin goe through it, soe
cut it through as the legg skin goes, ther will
goe a skin to each peace, lett ther be as little fatt as
you can, but it must be a good steere, then rubb it
all over wth Whitewine Vinegar, for fear it be
bruised & it will make it eat shorter, then salt
it wth 3 Ounces of salt peter & 6 Ounces of Bay
salt, lett it ly 12 days in salt, then drain it out &
sowe it up in coase cloths, y^e bones must be taken out
att first & a Large Buttuck will make 3 pieces, smoak
y^m as you doe Hams, & wⁿ you boyle y^e Beefe you
must put Hay in y^e pan & as much wat^r as will keep
it boyling & covered, for 3 houres, you may eat it as soon
as soon as it is boyled, but it is better to keep it a fortnight
after St Martins day is the best time f^r Beefe
or Ham to doe it in, but you may doe it a Month after

But not Long aft.^r, + + + + + + +



will
hand
of y
fin
his
y
s
-le
as
ha
ha
bea
rea
grai
of D
in the
the
keep

To Make Sweet Wat^e + + + +

Take a peck of Damask Roses, pick y^m sift y^m well from the Seed, then put to them a large handfull. of the best sweet-Marjorum, 3 or 4 handfulls of y^e best Baye & one of Lavender tops, pick all these fine & mix y^m well with y^o Roses, then put half this quantity in the still at a time, then strow half y^e quantity ~~of~~ y^e powders hereafter mentioned & sprinkle 3 spoonfulls of the best ^{whitening vinegar yⁿ put in y^e still} herbs, then sprinkle =le y^e rest of the powders on the top & as much Vineg^{ar} as before, y^e powders are these, viz, Benjamin one Ounce, half an Ounce of Price, a quart^e of an Ounce of Storax, half an Ounce of Cloves, all these must be grossely beaten & mix'd together, when the Cake is stilled so ready as within an houre of taking up, then mix 3 grains of Musk scraped fine & put it into 2 spoonfulls of Rose wat^e & sprinkle it all over y^e Cake & keep it in the still an houre then take it out & lay it in the Sun to dry, then lay it amongst y^o Cloaths & keep the wat^e for y^o use. + + + + +

step
then
drag
Su
gr
2

Q
re
over
on
C
m
it
= u

To Candie Angelico

Take the greenest & youngest stalks of Angelico, steep y^m in cold wat^e 3 days & change y^e wat^e every day, then boyle y^m till they be tender, then take y^m up & drayne y^e wat^e from y^m, see weigh weight for weight of Sugar, & give y^m a boyle once a day for a week, & that greens it, then take y^m up & role in Sugar. see set y^m a drying

To Make a Seercloth f^r ^{bruse} Achor

Take of y^e best Oyle Olive one pint of red l^ed, half a pound finely powdered yellow wax a quart^e of a pound shred, set y^e Oyle on y^e fire with y^e wax in a Scillet when y^e wax is all melted strew in y^e Lead, stirring it continually till it come from y^e red color towards a browne then take it from

ye fire, & let it stand a little but keep
stirring it, then poure it into colde wat^r, make
it up in roles & keep it for yo^r use:) +



To stop Bleeding in y^e Nose & +

The bone in a Carps mouth or
head Powdered & snuffed up y^e contrary
Nostrell, or burn Amb^r under y^e Nose
& Mouth + + + + + + + + + + + + + + + +



A Calves head hash

when the Calves head is halfe-boyled cutt of
 one of the Cheek bones hole cutt the rest in
 peeces as bigg as oysters put it in a stew pan
 with halfe a pinte of white wine a pinte of stronge
 broth 2 shallots one anchovis a pinte of oysters
 a little of the 20 balls of force meate a bunch
 of sweet herbs a litel peper and salt and a
 litel mace lett it stew a quarter of an hour
 then put in halfe a pound of butter strew in
 a litel flower and sheak it up thick and seruet
 it on sipots then the other cheek bone being seas
 oned with a litel salt peper and nutmeg and
 litel white-bred greated and fryed broun or
 broiled and put it in the midel of your dish
 garnish it with lemon oysters and balls

ye mi
cloth
lye t
till t
take
then
each
this
boyle
a goo

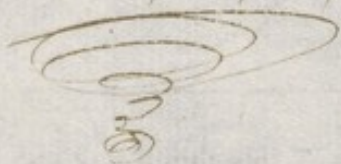
To Mango Concumbers

Take y^e greenest you can get & cut y^m in
y^e middle then scrape out y^e pulpe & put y^m on a
cloth to draine & then put y^m in Brine & let y^m
lye twelve hours then put y^m on a cloth to draine
till they are dry, & then put in a deep pan, then
take two parts Vinegar, & one part whitewine;
then take Pepper Ginger Cloves, & Garlick of
each a like quantity, then add some salt, take
this & boyle, then take it, & poure it over y^m
boyling hot, & at last when it is cold add to it
a good spoonfull of Mustard, x x x x x

1820
Star
of B
Ounc
these
print
late
again

For Shortwindedness

Take sweet Fennel-seede & sweet Annis
seed of each half an Ounce, & beat y^m in a Mortar
very fine, & sift y^m, then put as much flow^r
of Brimstone as will lie upon sixpence & two
Ounces of fine Sugar of Candy searched mix all
these togeth^r, & take as much as will lye on the
point of a knife in y^e morning fasting, & soe at night
late, leave taking it a short time & yⁿ take it
again, †

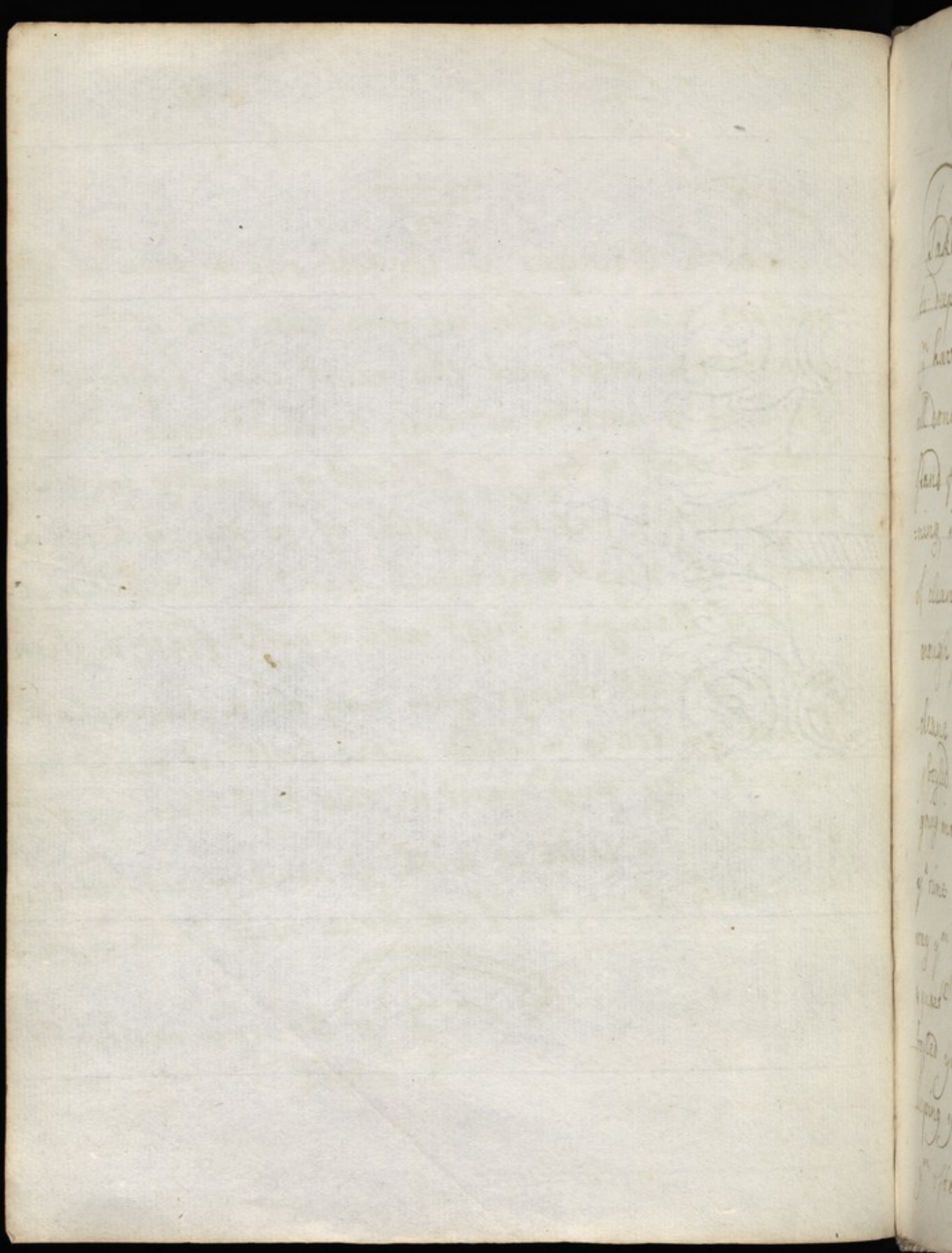


the
gallows
quarries
sell in
into a c
in a Moor
ground of
but y^e
qu^ein y^e
but ge
milit
y^e qu^ein
a quick

To Make an Orange Pudding

Take 2 Oringes y^e largest size & pare of y^e yallow rine as thin as you can, cut y^m in 4 quarters & take out the meat then boyle y^e peece in 3 waters, wⁿ they be tend^e take y^m up into a cloth & dry y^m, yⁿ beat y^m pritty small in a Mortar put in y^e yolks of 10 Eggs & half a pound of Sug^r & as much butt^r, a little Mace, beat y^e Orange & Sug^r well togethe^r first, & then put in y^e othe^r things you may add 2 nappels & bisket grated & a little more butt^r it must be melted, lay puff paist in the dish then put in y^e pudding & cover it with y^e same paist set it in a quick Oven, half an hour will bake it, & &

Y^e Oringes must be
civil



To preserve Oringes & & &

Take y^e best Oringes & grate y^m finely not too deepe, then take out the inside as you grate y^m having wat^e by you to put y^m in, wⁿ they are all done, put y^m out into cleane wat^e & so let y^m stand for two nights lifting them evening, & morning, into cleane wat^e, then put y^m into a skillet of cleane wat^e & let y^m boyle till they be half enough, then you must have another skillet of cleane wat^e, & put y^m in, wⁿ they are half-boyled enough you may know it by a straw going into y^m, you must keep y^m close covered all y^e time that they are boyling, then take y^m out & way y^m putting to a pound of Oringes a pound & quart^e of Sugar & a pint of wat^e when you have boyled yo^r Sugar & wat^e together put in the Oring keeping y^m covered while you are preserving, but keep y^m often stirred till yo^r Sirrup is thick enough

then take y^m up both boyling & let y^m stand
together, till they be cold, then put y^m into
a pot, this is a good way to see Lemons also, x x



To cause sleep in a feaver }

Take a quart of Clarret Wine 2 pound of Cherries, Nutmeggs & Cinnamon of each a little a top or two of Rosemary & bame still y^e these in a cold still & w^h you use this wat^r mingle wth it a little sirrup of gillyflowers you may give this to a woman y^e lyeth in

To D^eserve Pippens in slices

Take y^e greenest Lemon y^e you can gett & pare the Greene of it very thin in little pieces & putt y^m into wat^r & change it oftⁿ to take away y^e bitternefs of it yⁿ take six Pippens & pare y^m & cutt y^m in small pieces & boyle y^m wth a little wat^r until they be soft as papp yⁿ strain y^e juice from y^m into a dish yⁿ take some of y^e greenest Pippens y^e you can gett pare y^m something thick yⁿ slice y^m in round slices pretty thick y^e round way of y^e Pippen till ye come to y^e core always picking out y^e core as you see any in y^e slices making as little whole as you can in y^m yⁿ put y^e slices in faire wat^r as you slice y^m to keep y^e couler but before you slice y^m weight y^e pippens weight for weight wth Sug^r yⁿ take y^e Sug^r

& dip every piece into a basen of faire wat^r & put it
into a skillett & dissolve it into a Syrrup yⁿ put into
yo^r skillett some of y^e Pippen wat^r yⁿ boyle it & scum
it yⁿ put in y^e slices of Pippens and yo^r Lemon pield
& lett it boyle quick & you must turn y^m oftens lett
y^m boyle until they be cleare & begin to jelly upon a
plate you may put if you please into y^e boyling half
a grain of Amb^r Greefe & half a grain of Musk tyed
up in a little tiffynie bagg this is a very curious sweet
-meat you may put it up in Glasses or gallepotts for yo^r use

To Preserve Rasberies } x x x x x

Take of yo^r fairest & best coloured Rasberies
& picke the stalks of from them very cleane then
wash them but bruise them not then weigh them,
& to one pound of Rasberies you must take 6 Ounces
of loafe Sug^r & 6 Ounces of Sug^r Candy clari-
fie it wth halfe a pint of faire water & 4 Ounces
of iuyce of Rasberies boyled to a weak Syrrup &
then putt in yo^r Rasberies stirring them up & down
& soe lett them boyle till they be enough & soe you
may keepe them all the yeare longe } x x x x x

To Preserve Pippens white } x x x x x

Take faire large Pippens after Christmas pare
them & bore a hole through them as you did for yo^r
red ones then make a weak sirrup for them & soe lett
them boyle till they be tender then take them up
& boyle up yo^r sirrup a litle higher, then putt
them up in a gally pott & lett them stand all

night, the next morning the sirrup will be something
weaker then boyle ~~boyle~~ the sirrup again to its full
thickness & you may keep them all the year; If
you please to have them taste a pleasant taste more
then a naturall ripen youth in one grain of muske &
one drop of Chymical oyle of Cinnamon & that
will make y^m taste a more pleasant taste } & & &

A Receipt for the Dropsie &c.

Take a quart: of a Peck of the Inner Rinds of y^e Elder
Stick in y^e afternoon, cut y^e stick about y^e length of a y^e
= knife. Scrape y^e brown bark off, & strip y^e Green off. y^e
putt y^m between two Earthen pans all night, y^e next
morning take: 1. Pound of y^e best Rue bar & slice thin,
as 1. Pound of Raco finger Scrap'd & bruise; that it may
hang together by y^e strings, then scrape & slice a little
Horse Radish roots; & a little roots of Elicampaine
Scrap'd & sliced. then take: 1. Gallon of new Strong A.

Take out of y^e Tun, & putt all y^e ingredients into an Earthen
 Stew to work together for two days, & so drink a pint,
 or half a pint; as y^e party can bear itt, warme, & fasting
 3. hour's after itt, you must keep y^e Chamber all y^e day
 while you take itt, & eat only Roast meats all y^e
 while

To Candy any fruite after they have lain
 in Sirrup

Take any sorte of fruit, that you have
 preserved, as apples & lay y^m out of y^e Sirrup
 to draine then lay them upon sifts, & put y^m
 in a warme Oven to drie, then wash y^m over wth
 water wherein Gum arabick hath been
 steeped one night, then wth a feather having
 white Sugar-candie beaten not fine strew it on
 y^e fruit while wet, so thick as y^e Gum will hold,
 & then lay y^m on steeled papers to drie in
 y^e Sun & turn y^m often, if you see any

fault, mend it with more Gum wat^r & Sugar
Candy, this is a pritty way, & if done right
it will sparkell like Diamonds; # # # # #

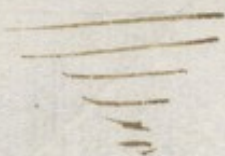
To make a marrow pudin

Lay puff past round the brim of your dish then
 slice halfe a pound of napels bisket and lay
 it in the bottome of your dish then lay on that
 the marrow of 2 bones and on that candid orring
 and lemon and cittern of each halfe an ounce
 a quarter of a pound of raisons and soe many
 currance then ~~beat~~ 12 eggs with a littil sack
 suger salt Cloves mace and cinement put a
 quart of creme mix it well to gether and put
 it in your dish and bake it

To make a rise flurrendine

Boyle halfe a pound of rise uery tender and
 when it is cold put to it halfe a pound of suet
 a pound of Currants a little Sack & rose wat^e season
 it with Cloves mace Cinnamon Salt & Sugar a pen-
 ny loafe grated & Eggs half a pint of Creame Candid
 Orange peece Lemon & Biturn of each half an Ounce
 then lay a little thin paist in the Bottom of the
 dish & mix it togeth^r & put it in y^e dish & cover it

it wth puff print & bake it; + + + +



Bake
of lemon
Bake in
baking
up & tan
was well
some a
plates
Bake in
Bake in
can will
Bake in
not melt
a put
Bake a
are yod
over
fire

46

To Make a Rich Cake

Take 6 ^{lb} of flower, 6 ^{lb} of Currants, 1 ^{lb} of Raisins stoned & cut small, half a ^{lb} of Dates, some Orange peece & Sittorne, sliced Nutmeg, Mace, Cinnamon, Ginger Ambergreen to yo^r taste, 6 spoonfulls of Sack & as much of rose water 2 ^{lb} & half of butter, one pint of thick cream, a good quart of Ale Ceste, 10 Eggs, 3 whites, mix yo^r spices, & three quarters of a ^{lb} Sugar, well beaten & dried, a little salt into yo^r flower when it is well dried, then put yo^r Ceste & eggs well beaten, & yo^r Cream being made a little hotter then milk from y^e Cow, in which you must melt yo^r butter, then mingle all these together, put yo^r flower in a deep ~~with~~ milk pan, & make a great hole in y^e middle into which poure yo^r Liquids, & throw a handfull of flower over y^m, cover up yo^r pan, & set it nigh y^e fire to rise, mold in yo^r Currants,

Reasons, & Dates when it is all mingled
& rise as much as you think convenient
& put it into y^e Oven as soon as it is mingled
with y^e Currants, a quick Oven will
bake it in an hour & quart^r y^e Oven must
be heating all y^e while y^e Cake is making
beat y^e whites of Eggs, & double refine Sug^r
& Pringe flower wat^r with a feather att
least two hours to keep it few days put on
y^e string & set it not into y^e Oven againe



To Make y^e Greene salve # + # + # + # +

Take of Sedwell of Chickweed an equall quantity
a little Hysop, Charlock, & a few Red Rose leaves
Boyle these in fresh larde according to y^o discretion, or
halfe an hour, then straine it & keep a quantity so y^e
use, of tend^r sores, or to put upon a sore when you apply
a poultis to assuage a swelling, but for drawing a little,
or to keep downe proud flesh, put into a pint half a
pd of Rosin let this dissolve over y^e fire stirring^{it}, but
it must not boyle # + # + # + # + # + # + # + # + # +

and R

like half
full of
the

is and
the

of
half

then
putting

in very
bottom

paper an
and in

then in

How to make iuyce of Liquorish

Take half a pound of fine beaten Liquorish 12 handfulls of hysope 2 handfulls of Rosemary flowers or topps 1 handfulls of Colts foot leaves stampe all these herbes and straine them then mingle them together with the lycorish and halfe a pinte of distilled water of hysope letting them boile upon a soft fire halfe an houre and then straine it a gaine

then put halfe a pound of red suger Candy setting on a uery soft fire till it comes to be uery thick and comes from the skillets bottome like a hasty pudding then take fine suger and streue it thick upon a pye plate and in yf fine suger mould your cakes putting them in a glass all the summer

How To Make a Tansy + + +

Take a peck of spinage washed very cleane
& dried from y^e wat^r & beat it very small then
break 10 Eggs into a deeo pan & halft y^e whites
being taken away & beat y^m verry well then squeeze
in y^e juice of y^e spinage this being beaten ^{together} & strained
into a pan put to it one nutmegg grated a peny loaf
grated halfe a pint of Creame & a little Salt it being
seasoned wth Sugar to y^o pallet, + + + + +

A good Cordial wat^r # + # +

Take of y^e flowers of Cowslips, Marigolds,
 Clove jelly flowers, Lavend^r flow^{rs}, Red Rose flow^{rs},
 Bourridge & Beuglesse flow^{rs}, Rosemary & Sage flow^{rs},
 y^e purple Tansie flow^{rs} of each one handfull, bigger
 or less^d, according to y^e quantity you still, Pimper-
 nell, Balm, Angelico, Mint, Penereyall, Butts
 = Marjorum, of each a little handfull, one sprig of
 Rice & one sprig of Wormewood, Tormentill rootes,
 Rootes, Gallengall Rootes, Liquarish Rootes,
 of each one dram, Cardemum Seeds, Curriand^r Seeds,
 & sweet fennell Seeds, of each one dram, Giniper
 Berries, Cloves & Mace, of each one dram, bruise y^d
 Rootes & Seeds, Cloves & Nutmeggs, but not y^d Mace
 this will be sufficient for a gallon of Spirits + +

Co

Take

in fo

much

of Sug^r

alright

put into

of Glac

to se you

To D

Take

the re

very sm

one Su

rather

hang

~~Take~~ make cleare paiste of Quinces # # +

Take y^e Cores & Cornells of Quinces & boyle
y^m in faire wat^r till y^e Liquor jelly, & then take
as much Sug^r as y^e Liquor waighs & you must let
yo^r Sug^r boyle as you do f^r yo^r other paiste but not
altogeth^r so high then must you take yo^r Liquor, &
put into yo^r Sirrup, & stir it well togeth^r & put it into
yo^r Glasses & then stone it & in a fortnight it will
be f^r yo^r turne; # + # + # + # + # + # + # +

To Preserve Ripe Apricocks # + # + # + # + # +

Take yo^r Apricocks & pare y^m very thin & you must
take as much Sug^r as Apricocks, & beat yo^r Sug^r
very small, & set yo^r Apricocks one by one & strow
some Sug^r upon & under y^m untill y^e Sug^r be
melted then boyle y^m untill they be tender & y^e
Sirrup jelly, but put no wat^r in # + # + # +

A Medicine for y^e Eyes +++

Take half a pint of Muscadine & two spoonfulls
of life hony & a race of Ginger then boyle it
together, y^e 3 part saved then straine it & apply it
with a feather 3 drops at a time twice or thrice a
day: #

For the Eyes + # # # #

Take Ground-Joye y^e juice of it, & womans
milk mingled together & dropped into y^e Eye with a
feather is good to help a pinn & webbe: # # # # #

For the Eyes + # # # #

For a bruise

take balme and seeth it in milke a pritty while
then turne your milke with sack and lay the Curds
as hott as you ^{can} to the place and drinke ^{the drink} or take some
Camomell and seeth it in beere and shrid in it ~~for~~
a little mutton suett and apply it to the place

To make Jelly of Rasberries & & & &

Take yo^r Rasberries & set y^m over y^e fire in a
 skillett & put a little faire wat^r to y^m till there be
 a great deale of Juice in y^m then yo^u must let y^e
 Juice runne from y^m through a strainer then take to
 a p^d of Juice a p^d of Sug^r put in yo^r Sug^r into yo^r
 Juice & boyle it, till it will cut, in like manner you
 may doe Currants, or Rasberries, only to Rasberries you
 must take double y^e weight of Sug^r & & & & & &

For y^e Cough & & & & & & & & & &
 Take hony y^e last when you goe to bed, & y^e first thing
 in y^e morning & it helpeth; you may mingle y^e powd^r
 of dyed Rosemary wth it if you please & & & & & —

For the Eyes & & & & & & & & &

Take Sullendine, pounded & strained y^e juice into
a little hony mingled together & dropt into y^e Eye,
then take y^e white of an egg, & beat it to an Oyle then
take a little flax finely picked, the bigness of y^e
Eye dip it in y^e white of y^e Egg, & lay it one y^e
Eye asoone as you have dropped y^e sullendine &
hony, this is good f^r any thing that groweth in y^e
Eye; & & & & & & & & & & & & & & & &

To make Sirrop of Burrage flow^{rs} &

Take 6 Ounces of flowers to a pinte & half of
water you must heat yo^r water very hott, & put in
yo^r flowers, & let y^m stand all night stopd close you
must take 2, y^d & a halfe of Sugar & straine yo^r
flowers into yo^r Sugar & boyle it up. & & & & &

To Preserve Pom-Citrons. + + + + +

Take yo^e Pom-Citrons one p^d & a half & cutt y^m,
 some in halfe & some in quart^{es} & take y^e meat out
 of y^m & boyle y^m tender in faire water then take 2
 p^d of Sugar being clarified, & make a Sirrup of 2 y^m
 & let y^m boyle in y^e Sirrup a quarter of an hour
 very gently then take y^m up & lett y^e ~~boile~~ Sirrup
 boyle till it be thick & then put in yo^e Pom-Citrons
 & you may keepe y^m all y^e year, if you please
 you may pare y^m + + + + +

For the Stick

Take a quart of beere and a handfull of
 dandelions and a spoonefull of red saunders
 seeth it till halfe be consumed and drinke it
 morning and evening - - - - -

Did you
then take
it, & make
a good use
of it till the
it will be

To Make Marmalade of Quinces

Take yo^e Quinces cut y^m in halfe & pare y^m,
 then take to a pound of Quinces a pound of Sug-
 =er, & make a Sirrup with a pint of water, then put
 in yo^e Quinces into yo^e Sirrup, & let y^m boyle soft-
 =ly till they looke red then let y^m boyle a pace till
 it will cut, keep it stirring with a spoone & &

Take y^e
very cleane,
a pt of S
put y^e into
have come o
fine, & tak
take y^e as
lay y^e up
in a or
For one
take y^e ju
together, w
no y^e care
will doe t
chemical,
any on

How to dry Oringo Rootes x # # # #
 + # + # # # # # + + + + +

Take yo^d Rootes & wash y^m very cleane &
 boyle y^m, & as soone as they will peelee, peelee y^m
 very cleane, then take y^e peath out of y^m, & take
 a po^d of Sugar, to a po^d of y^e rootes, & make a Sirrop,
 & put y^m into it, & boyle y^m quickly, but you must
 have some of yo^d suger out & beat it & search it
 fine; & take y^m out of y^e Sirrop cleare, & then
 plate y^m as you please, & dust y^m well with Sugar,
 & lay y^m upon papers before y^e fire, & they will be
 dry in 12 or 3 houres; # # # # # # # # # # # # # # # #

For one that cannot heare well & are deafe # # #

Take y^e juice of Betony, & womans milk, & mingle
 y^m together, & dip a piece of black wool in it, & put it
 into y^e eare, this doing 10 or 12 days or more, & if this
 will doe take y^e milk of a Red Cow, & boyle it in
 Patemcal, & y^e juice of Betony, & lay it plaister=
 =ways on y^e eare x # # # # # # # # # #

To Preserve Pippens Greene + + + + +

Take Pippens when they be small, & greene on y^e Trees & pare 3 or 4 of y^m, & cut y^m in pieces then boyle y^m in a quart of fair wat^e, till they be pap, then let y^e Liquor come from y^m as you doe for y^o Quidina into a Bason take a pot of Sugar clarified put as many greene pippens unpared as y^e Liquor will cover, & soe lett y^m boyle softly & when you see they be boyled as tender as a Quodlin then take y^m up & peelee y^m & then y^o pipsen will be greene then boyle in y^o Sirrup againe till y^o Sirrup be thick, & soe you may keepe y^m all y^e year.

For a straine

take stone horse dunge and brooke lime shred smal and a littel matteen suet shred your suet and put them all together in a frying pan and fry it and lay it to the place as hott as you can

To Preserve Hippens red couloured

Take yo^e best Hippens & pare y^m, then take a peirer & bore a hole through y^m, then make Sirrap of y^m, as much as will cover y^m, & soe let y^m boyle in a broad preserving panne & put into y^m, a piece of Cinnamon stick & soe let y^m boyle close covered very leiseaurly turning y^m very often, for if you turne y^m not very often they will spott, & y^e one side will not be like y^e oth^r, & let y^m thus boyle till they begin to jelly then take y^m up & pott y^m, & you may keepe y^m all y^e Yeare + + + + +

To preserve Goose-berryes + + + + +

Take yo^e goosberies, & pick out y^e stems then take Sugar & put to yo^e Goosberies waight for waight & put a little faire wat^r to y^m, & boyle y^m a quarter of an houre till they be cleare + + + + +

To make whites

56

Take halfe a pound of refinede Sugar and the whites of 2 eggs you must beate them 2 houres and then you must lay it a broad upon paper in little round Cakes and then bake them but you must take heed that your oven be not hotter then for Sugers Cakes

To preserve Greene Apricocks + + + + +

Take y^m, & scald y^m, & scrape of y^e outmost skin of y^m, & then you must change y^m in water hotter & hotter till they be greene then you must take y^m out of y^e water, & put Dry Sugar waight for waight, & then you must boyle y^m till the Sirrup be thick you may doe white plums to have y^m greene as you doe y^e greene Apricocks; + +

St
the
and
in

to
Take
into an
a steep
mark you
prop of
self
perfect p
when
Take
of large
not made
take it
It receiv
Take +
long by
the page

To make Paist Royall white + + + # + # + # + #

Take a p^{d} of refined Sugar beaten & searched & put into an Atlabaster Mortar with an Ounce of Gum drag-
= on steeped in rose water & if you see yo^r paist be two-
weak put in more Sugar if too dry more Gum, with a
drop of Oyle of Cinnamon soe that you never deceive
yo^r self to stand upon quantities beat it into a
perfect paist & then you may print it with yo^r moules
& when it is dry gild it, & so keep it f^r yo^r use;

To Make Sugar Cakes & + + + + + + + +

Take 2 p^{d} of ~~Sugar~~ sweet Butter, & a p^{d} , & a quarter
of Sugar, & 3 yolks of Eggs, & so much flower as it will
wett worke it very well together then make it into Cakes
& bake it a roff oven; — — — — —

A receipt f^r y^e Surfet water — — — — —

Take 4 gallons of strong ale & pound of red poppies
& lett y^m ly a steape 2 or 3 days then still it then put some
of y^e poppy flower therein let it stand all night in a hott

Still, & so colour it red } + + + + +

Good for y^e Cramp

Take y^e downe of thistles & sow it in a bag & hang it
about yo^r neck + + + + +

The Plauge water + + + + +

Take Baume, mugwort, Red-sage, rosemary, Dragons
Scabious, Dictony, Egrimony Pimpernel, veruen, may-weed
Ellecampane take a p^d of each of y^m, except Rose-mary, of
that two p^d, & cut y^m, steepe y^m all in 14 Quarts of White-wine
& let y^m stand 4 or 5 days, & when you will still y^m wring out
y^e herbs wth yo^r hands, & still y^m, & still y^e wine by it self in
a Limbeck + + + + +

For the ^{yellow} Jaundies + + + + +

Take Strawberry roots, & the inner peece of a
Barbery tree, & boyle it, in whiterome posset, & mangle
it with suger, & drink it 5 or 6 times, morning & evening
& it helpeth, - you may boyle a little sallendine in
the Posset if you please for the jaundies ~ ~ ~



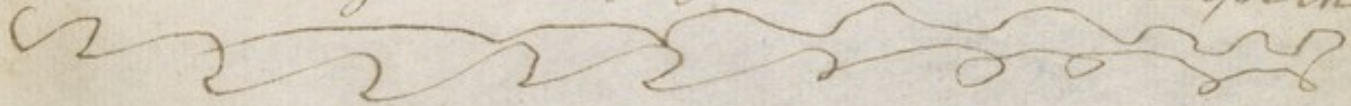


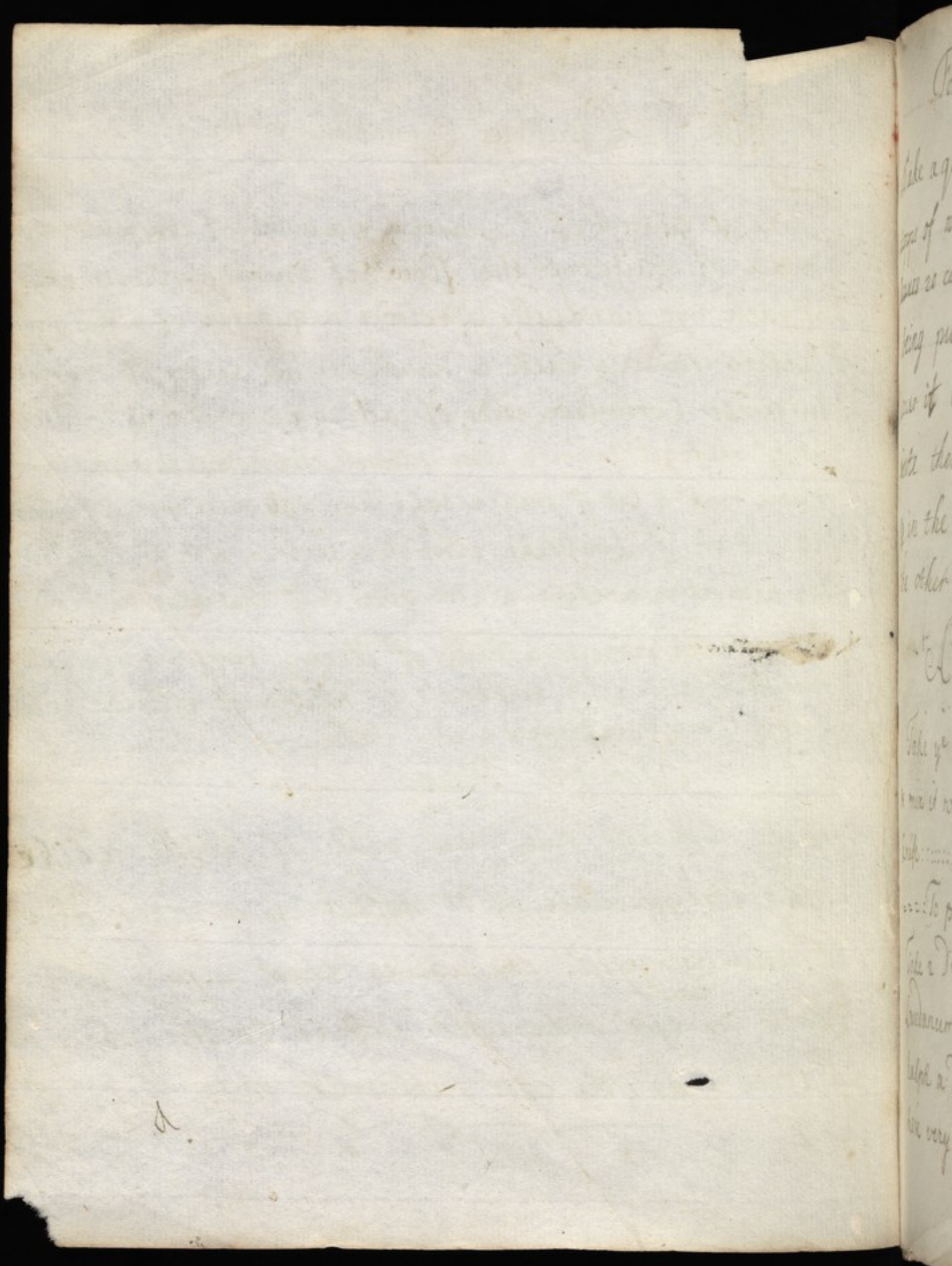
A pretious Cinnamon water :::::

Take 8 ounces of Cinnamon & a quart of rose wat^r, & a pottle of whiterwine the flow^{rs} of Burage, & Rosemary of each two handfulls, of cloves a quarter of a po^{und}, Balast & Relico cardus each 2 handfulls, the seedes of Fennel Anisseedes Coriander, seeds of each a quart^r of a po^{und} Bruised put y^m alltogether in a close stillpott, coverd put this pott in warme wat^r & let y^m stand 2 days then poure it into a commoⁿ still set on y^e Limbecke close it, & with a soft fire, & distill it, & keep it in a close glasse give it y^m that have any cold sicknesses or dropsie, a bume of flegme stopping of Gall, rawnes of stomache, weakness of heart, wine collicke, dulke of spirit moist rhumes & such like.

For the Piles

Take linseed oile and oile of spike alike quantity mingle it to gether in a saser warme it and annoynt the piles then dip a soft cloth in the oile and lay it to the place as warme as you can suffer it this helpe th





Take a
of a
as a
ing p
it
the
in the
the other
L
Take y
it is
To p
Take a
Continue
help a
are very

To
make Lamb

To make the Leaden Plaister =====

Take 2 ^{lb} of Oyle of Olive, 1 ^{lb} of Red-Lead
 1 ^{lb} of white-lead powdered to dust 12. Ounces of
 Spanish Soape, incorporate all well together in an
 earthen pott well glazed, then set it over a small fire
 of Coals an hour & a half, still stirring it with an
 Iron, but then you must let yo^e fire be something
 bigger, then let it ^{boyle} till it be ready, & you shall know
 w^h it is enough it will not cleave to a Trencher, & it will
 look darker then Oyle a little, It is a very Good
 Seircloth it will last 20 years =====

The Virtue of y^e Plaister = = = = =

For y^e Stomach laid to y^e Melly, for y^e Windes Collick
 laid to y^e Back, & Reims for y^e Bloudy-Flux, heat of y^e Kid-
 =nes; running of y^e Reims, weaknes of y^e Back; Swellings,
 Bruises, Aches, Fellers, Imposthumes, running Humours not
 breaking y^e skin; healeth defaults in y^e Fundament, good for
 y^e Puilla in y^e head, good for y^e Eyes, head-Achs laid to y^e
 Temples = = = = =



Take a
hand an O
is often m
party d
morning
Survey: g
think of it
To

Take a
Roses ver
is wind g
full of R
face then
Sun, Ros

Take a
quantity
in water
in can

For the Dropsy = = = = =

Take 6 long Broom-stalks in all containing 6 Brooms
head an Oven holt being cleane swept, let yo^e Broome burn
to Ashes infuse it in a gallon of white-wine 24 hours let y^e
party drink of y^e clear wⁿ y^e Ashes are settled at y^e Bottom
morning & Evening, till it be spent then take y^e juice of
Scurvy-grass, & water-Cresses a pint of each & let y^e party
drink of it, 3 spoonfulls morning & evening till it be gone =

To make the Oyntment of white-Roses = = = =

Take a quart of Lard & 3 pecks of White-Roses beat yo^e
Roses very small & put yo^e Lard, & Roses together then let
it stand 9 days close covered, then heat it with 3 spoon-
=fulls of Red-Rosewater, & when you have beaten it over
y^e fire then let boyle softly, then take it up, & straine it for
yo^e use, this is good for burnings or inflammations: : : : :

For a scruin

Take ereacle and of crumles of bread a
quantity of sallet oile and boile these together
to a poltis and lay it to the place as hot as
you can suffer it

La g

The first

of the

of Cinam

of Marten

of leaves

are a good

of each

of the

of the

of the

of the

of the

of the

of the

of the

of the

of the

of the

of the

of the

of the

An Ointment for Swellings & Wormes: :::::

Take Featherfew, Rue, Worm-wood, & Double Traume,
Tansy, white-mints, smallage, Speermints, Brasill-mints Ox-
= leaves, Camomell, Penny-royall, mother time, Frenchwood
= wood, Mastick, Sweet-Marjorum, corsemay, Syprus, Sage,
Peach-leaves, Angelica, Rose-leaves, Ispoe, of each of
these a good handfull, Carduus, Lavender-flowers, -
Brasill of each of these 2 good handfulls, Dill Sweet-
= Maudlin, pot-Marjorum, Mugwort, shred all these -
together as herbs for a pott, then put it into a great earthen
pott & put to it 8 or 10 OX Galls let y^m stand 3 or 4 days in
steepe being every day stirred once; take 3 p^t of Hogs-
= grease & 2 p^t of may Butter, boyle all these together till
y^e Galls be consumed straine out the Herbs & reserve the
Ointment; =====

To Make a water to heale any wound = = =

Take 4 Ounces of Polcarmanack & 2 Ounces of -
white Copris, half an Ounce of Camphire, 4 quart^s of
running water, you must boyle y^e Camphire in an earthen
= en pot till it come to a powder, & beat y^e Polcarmanack
very small = = = = =

Take half a
pound of
sugar & mix it
with but it m
lay it on near
it good n
Take whole
of Gunnel W
which ^{is} ham
lay per minge
leaves, wood
cane leaves,
with a lot of
like before
time to it, & h
leaves to poud
like then to
a whole

A good pulter to break any sore = = = = =

Take half a pint of Creame & a spoonfull of Hony & a spoonfull of Flower, & a peice of Wax as big as a Walnut & set it over y^e fire alltogether, & let it stand, till it grow thick but it must not boyle, then spread it upon a cloth & lay it on warme = = = = =

A good water for a Canker or green wound

Take Arba: grease, penny: royall, Red: Sage, Rosemary, Red: Fennel Hore: hound of these half a handfull, & of y^m which ^{follow} 1 handfull, of Sallendine Singue: foile, collembin, Trop not marjerome, Feather: few, Plantine, red Bramble = leaves, wood: bine, white arhangell, Ladder to Heaven, tutsan leaves, boyle all these in 2 gallons of running water & let y^m boyle together till half be consumed & a little before you take it from y^e fire put 1 pint of white = wine to it, & half a pint of Hony, & two spoonfulls of Grai beaten to powder, a good piece of Rock: Allum, & let y^m boile a little then take it of y^e fire, & straine it into a glass, & it will keep a whole year = = Probatum est = = = =

In a

Take a man
full of white
long & lean

long & lean

long & lean

long & lean

long & lean

long & lean

long & lean

long & lean

long & lean

long & lean

long & lean

long & lean

long & lean

long & lean

long & lean

long & lean

long & lean

long & lean

long & lean

long & lean

long & lean

long & lean

long & lean

long & lean

long & lean

For a Consumption - - - - -

Take a male Conny, & 4 pn^o of Muscadine, & a good hand-
 = full of white Ankerell, & y^e pith of Trease & Dunces of
 Dates, & Reasons of y^e sunn a quart^e of a p^t y^e stones pⁱst out
 3 Nutmegs 2 penny worth of Cinnamon a penny worth of
 Mace & a pennyworth of Cloves boyle all this from a
 bottle to a quart, & drink 5 or 6 spoonfulls every morning,
 this is a very restoring drink for any weake body - -

Probatum est, - - - - -

For the Colds. = = = = =

Take a handfull of Isop, & some Liquorish boyle it
 wth running wat^r till half be consumed then straine it,
 take Sugar & boyle in y^e Liquor till it come to Sirrup, yo^u
 may eat it any time yo^u may take a little Barrows
 flick & some garlick, & p^t it very small, & mingle yo^r
 flick & Garlick together, & anoint y^e bottoms of yo^r feet
 before yo^u go to Bed - - - - - before

Take a
sugar y^e m
Lett y^e w
lett y^e m
y^e l^ett
after a d^e
as much
in a spo
lett y^e Pa
Denny
in after
grain m
For
Take a
y^e m
lett m
Piment
and a
not firm

For the Falling-sickness - - - -

Take Frogs, & extract by Incision their Livers
wash y^m & dry y^m in a cloth wrap y^m up in a colwort-
leaf put y^m into a cover'd Pipkin, & set it into Oven
Let y^m stand there till they be dry; then beat y^m with
y^e Colwort-leaf to a powder, seach it, & then 3 days
after & 3 days before every change, give y^e patient
as much of this powder as will ly on a shilling, & 3
or 4 spoonfulls of white-wine take this 9 times,
let y^e Patient ~~take~~ eat y^e powder of y^e single
Piony root always & at all times during y^e 9 days
or after, then for y^e conclusion take a Vomit 5
grains in y^e substance

For the faint Purples - - - -

Take a Purple grass, & boyle it in milke, & drink
it in y^e Morning fasting, then take Purple silk &
knitt in it 3 knotts, & 5 knotts & 7 knotts & so swallow
it down in a little milke or Beere, & you must
drink a little Mothrivate & Unicorne horns to
put from yo^e heart; -

2
L. Mark

2
L. n. g.

1. *Chrysomelidae*
 2. *Chrysomelidae*
 3. *Chrysomelidae*
 4. *Chrysomelidae*
 5. *Chrysomelidae*
 6. *Chrysomelidae*
 7. *Chrysomelidae*
 8. *Chrysomelidae*
 9. *Chrysomelidae*
 10. *Chrysomelidae*
 11. *Chrysomelidae*
 12. *Chrysomelidae*
 13. *Chrysomelidae*
 14. *Chrysomelidae*
 15. *Chrysomelidae*
 16. *Chrysomelidae*
 17. *Chrysomelidae*
 18. *Chrysomelidae*
 19. *Chrysomelidae*
 20. *Chrysomelidae*
 21. *Chrysomelidae*
 22. *Chrysomelidae*
 23. *Chrysomelidae*
 24. *Chrysomelidae*
 25. *Chrysomelidae*
 26. *Chrysomelidae*
 27. *Chrysomelidae*
 28. *Chrysomelidae*
 29. *Chrysomelidae*
 30. *Chrysomelidae*
 31. *Chrysomelidae*
 32. *Chrysomelidae*
 33. *Chrysomelidae*
 34. *Chrysomelidae*
 35. *Chrysomelidae*
 36. *Chrysomelidae*
 37. *Chrysomelidae*
 38. *Chrysomelidae*
 39. *Chrysomelidae*
 40. *Chrysomelidae*
 41. *Chrysomelidae*
 42. *Chrysomelidae*
 43. *Chrysomelidae*
 44. *Chrysomelidae*
 45. *Chrysomelidae*
 46. *Chrysomelidae*
 47. *Chrysomelidae*
 48. *Chrysomelidae*
 49. *Chrysomelidae*
 50. *Chrysomelidae*
 51. *Chrysomelidae*
 52. *Chrysomelidae*
 53. *Chrysomelidae*
 54. *Chrysomelidae*
 55. *Chrysomelidae*
 56. *Chrysomelidae*
 57. *Chrysomelidae*
 58. *Chrysomelidae*
 59. *Chrysomelidae*
 60. *Chrysomelidae*
 61. *Chrysomelidae*
 62. *Chrysomelidae*
 63. *Chrysomelidae*
 64. *Chrysomelidae*
 65. *Chrysomelidae*
 66. *Chrysomelidae*
 67. *Chrysomelidae*
 68. *Chrysomelidae*
 69. *Chrysomelidae*
 70. *Chrysomelidae*
 71. *Chrysomelidae*
 72. *Chrysomelidae*
 73. *Chrysomelidae*
 74. *Chrysomelidae*
 75. *Chrysomelidae*
 76. *Chrysomelidae*
 77. *Chrysomelidae*
 78. *Chrysomelidae*
 79. *Chrysomelidae*
 80. *Chrysomelidae*
 81. *Chrysomelidae*
 82. *Chrysomelidae*
 83. *Chrysomelidae*
 84. *Chrysomelidae*
 85. *Chrysomelidae*
 86. *Chrysomelidae*
 87. *Chrysomelidae*
 88. *Chrysomelidae*
 89. *Chrysomelidae*
 90. *Chrysomelidae*
 91. *Chrysomelidae*
 92. *Chrysomelidae*
 93. *Chrysomelidae*
 94. *Chrysomelidae*
 95. *Chrysomelidae*
 96. *Chrysomelidae*
 97. *Chrysomelidae*
 98. *Chrysomelidae*
 99. *Chrysomelidae*
 100. *Chrysomelidae*

1/2 cup of oil

Love if y
Must not be

good like

10

To make Tyocrist -----

Take to a quart of white wine half an ounce of
Cinnamon. Bruise it a little & steep it in a little of
yo^r white wine y^e space of 2 hours take 20 Almonds
& Bruise y^m a little, & when you lett it run through yo^r
Bagg, put in yo^r Almonds, & soe lett it run till it be
clear, & if you please, you may hang a little Bagg of
Musk in it, you must use yo^r 2^d Trocrist in every
respect like this but put no Almonds in it; = = = =

To make Presumps: : : : : :

Take 3 Ounces & a half of Benjamin, & lay it a
night in Rose-water then beat it fine, & take a pint
of Damask-Roses, y^d whites being taken away. then beat
y^m, then take y^d Benjamin, & put to y^m, & beat y^m both toge-
-ther, till it come to a Paist, then mingle it with halfe a
quarter of an Ounce of Musk finely beaten, put to it a
quarter of an Ounce of Civet, & mold y^m with an Ounce
of white Sugar-candy search'd, make y^m up in little Cakes
& lay y^m on a Paist board, that hath no savour, there on
come

To make
that
the half a
cup of R
laid by them
you must take
the skin
the y
of being
it just a y
not be
single it al
into an
the end it
the a soft
the clear
the
the
the y

To make a very good Ointment for ^{any} Bruise
that y^e skin is not broken or cold
Ache or Swelling

Take half a p^d of Wormwood, & half a p^d of Bay-leaves
& a p^d of Rue & a p^d of Sage, but you must beat yo^r Bay-
leaves by themselves you must cut y^m very small first, then
you must take 3 p^d of Mutton suet all of y^e kidneys & pick
y^e Skin very clean from it then take yo^r herbs &
beat y^m very small together, then ^{take} yo^r Mutton suet all
of being bruised & mingled with yo^r herbs, then take
yo^r Suet & yo^r herbs, & beat y^m altogether till no
suet be seen then take a pottle of very sweet Oyle then
mingle it altogether with yo^r hands in y^e Oyle then put
it into an earthen pott, & stop it very close 9 or 10 days
then take it & put it into a brass pann or pott & boyle
it over a soft fire for an houre or more till it look
green, & clear y^e greener y^e better then take a new piece
of Canvas, & betwixt two wrings it out, & then put it into
an earthen pott, & so you may keep y^e longer you
keep it y^e better you must make it in May: —

Take a
handful full
of the same
and rub all
over to it
the whole
of the breast
To preserve
Take some
white wine
a little fair
the yapp, &
the liquor of
rough ye
to ye
the same, &
fill it
the firs qu
in m. ro
the skillet
let it boi
the Quince
in ye p
in ye

A Purg

Take a quarter of a Pint of Succory water, & a thimble full of Anniseeds bruised, 20 Leasons of y^e Sun stoned, & pennyworth of Rhubarb, set it upon Embers all y^e night, then straine it out in y^e morning & put to it 4 spoonfulls of Sirrup of Roses, & stir it together & drinke it & an hour after yo^r may drinke a little broth = = = = =

To preserve Quinces white = = = = =

Take some Pipers & pare them, & cut them in peeces small, then put them into a skillett, & put a little faire water, & boyle the Pipers till they be all papp, & the water boyled away then straine out the liquor from the pipers, & save the liquor then waigh yo^r Quinces, & put twice the waight of a Sugar to yo^r Quinces then take yo^r Sugar peeces by peeces, & dip it in faire water & put it into a dish till it be all melted, & becomes Sirup, then take the quince & pare him, & core him, & lay him in water then take yo^r Sirup, & put it into yo^r skillett, & put a little of the piper water in it, & let it boyle, & scume it very well then take the Quince out of the water, if he begin to turn red, pare him again, & boyle him very quick in y^e Sirup, then scume them, & take y^m up

a and a

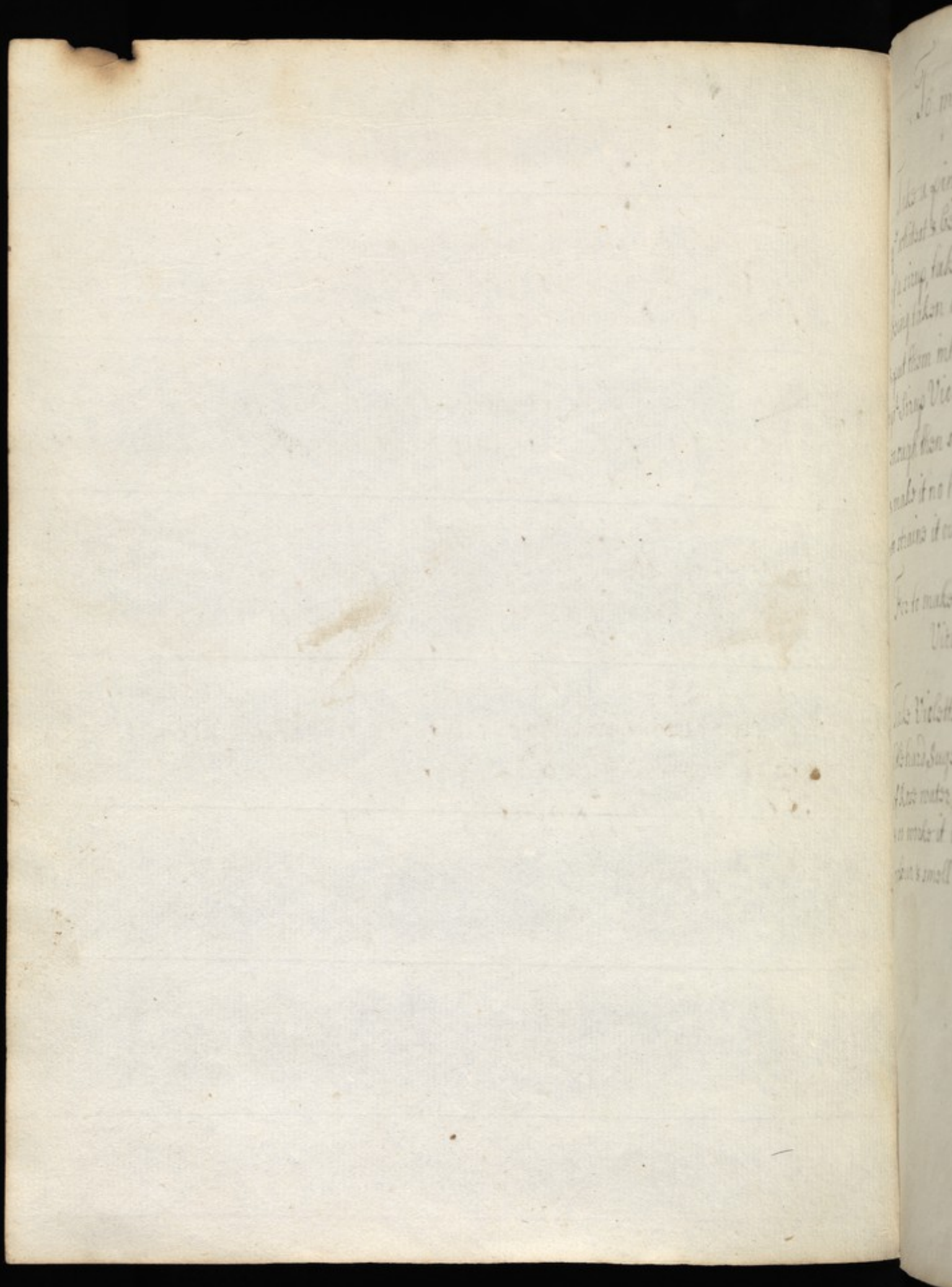
on

the ex-
s of
the ha-
up, then
spond, the
of the
sing for
in a pot
with his

up, then flat yo^r Quince on a plate with a
spoon, then put him into the skillet again ^{ill} untill
it be tender, you must boyle yo^r Quince till yo^r
Sirup Jolly on the plate, then put one Quince
in a pot with his Jolly, & he will come out round
with his Jolly about him when you serve it at
Table

the excess
of the
of nature
half an
fine gold
part go
part dry
quantity of
must be
then search
under in
and more
rememb
this, her
an excell
in increa
taken on

An excellent Medicine to cure y^e green sickn^e
& often proved & never failed
Take half a pound of the best Sugar 1 Ounce
of Nutmeggs 4 Drams of Cloves 4 Drams of Mace
half an Ounce of good Steele forged or filed into
fine powder half a quarter of a pound of seed
= pearl 40 Ash kyes, a little quantity of Elcam
= pane dryed & beaten to powder a little Tartary
quantity of a nutmeg a stone of Amber all these
must be beaten into powder & compounded together
then search it through a fine search; & put this
powder into a cleane box, the party must eat the
same Morning & Evening or as often as you list
remember always that y^e keep herself soluble
& stir, her body to walk or other exercise this is
an excellent medicine to comfort the stomack
& to increase blood & to strengthen y^e Liver it is to
be taken on y^e point of a knife or in a little Sirup
or Sweet wine

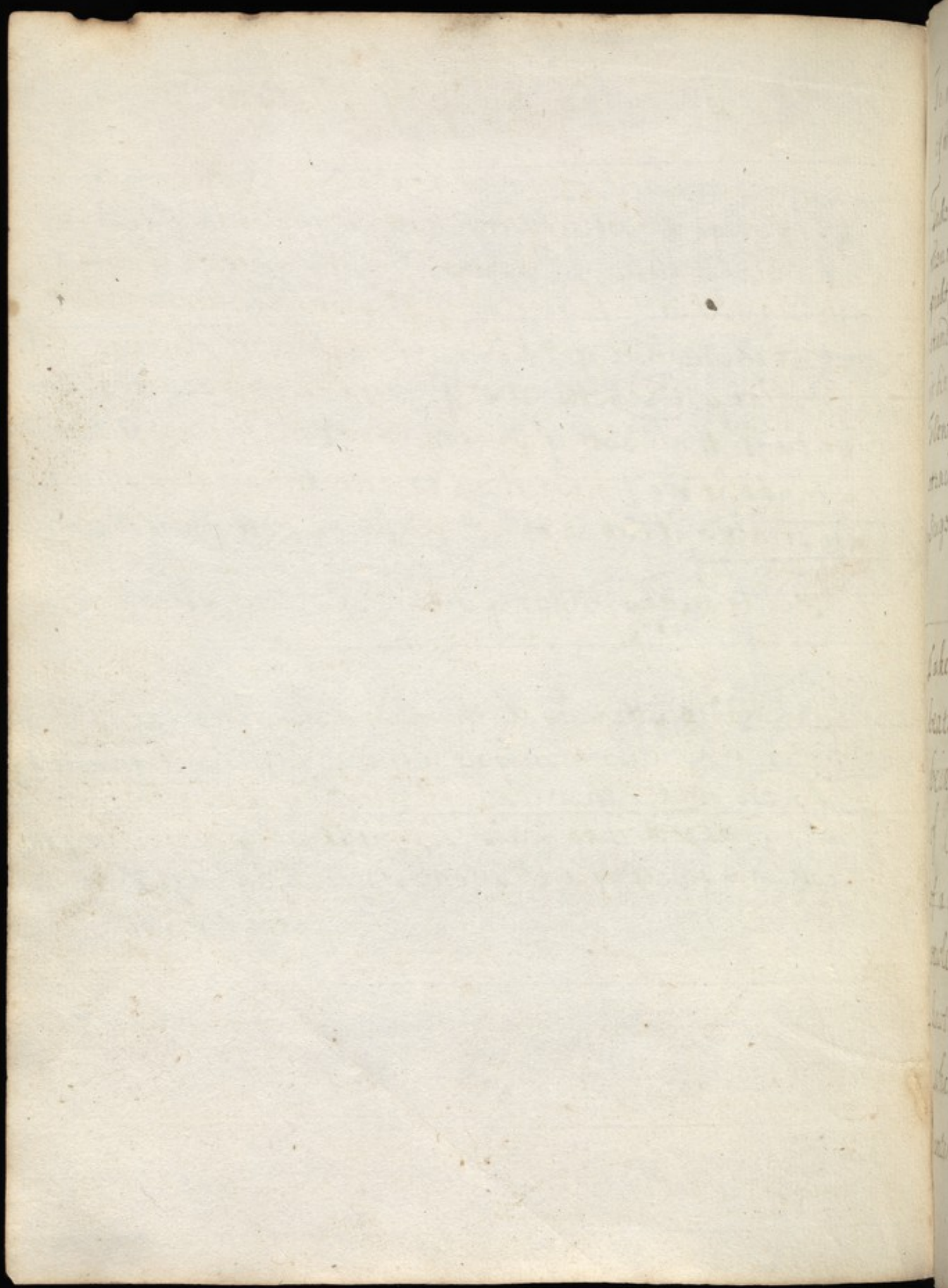


To make Sirup of Violets

Take a pint of faire water, & a pound of Sugar
y^e whitest & best you can gett, & boyle it to y^e height
of a sirup, take yo^r ~~Sirup~~ Violets pickt, & y^e whites
being taken of, bruise y^e Violets in a stone Mort^{ar}
& put them into yo^r Sirup in a Bason always putti^{ng}
into yo^r Sirup Violets every day, till you see it is blown
enough then sett y^e Bason on a Chaffingdish & coals
& make it no hotter then to run through a strainer
& to straine it out into yo^r glasse or pott for yo^r use =

For to make Sugar plats of y^e colour & smell of a
Violet or any other Flower

Take Violets & beate them in a stone Mortar with a
little hard Sugar then put into it a sufficient quantity
of Rose water, then lay yo^r Gum in steeps in yo^r wa^{ter}
& so worke it into paist, soe will yo^r paist be of the
colour & smell of yo^r Flower you may do it with any
other Flower = =

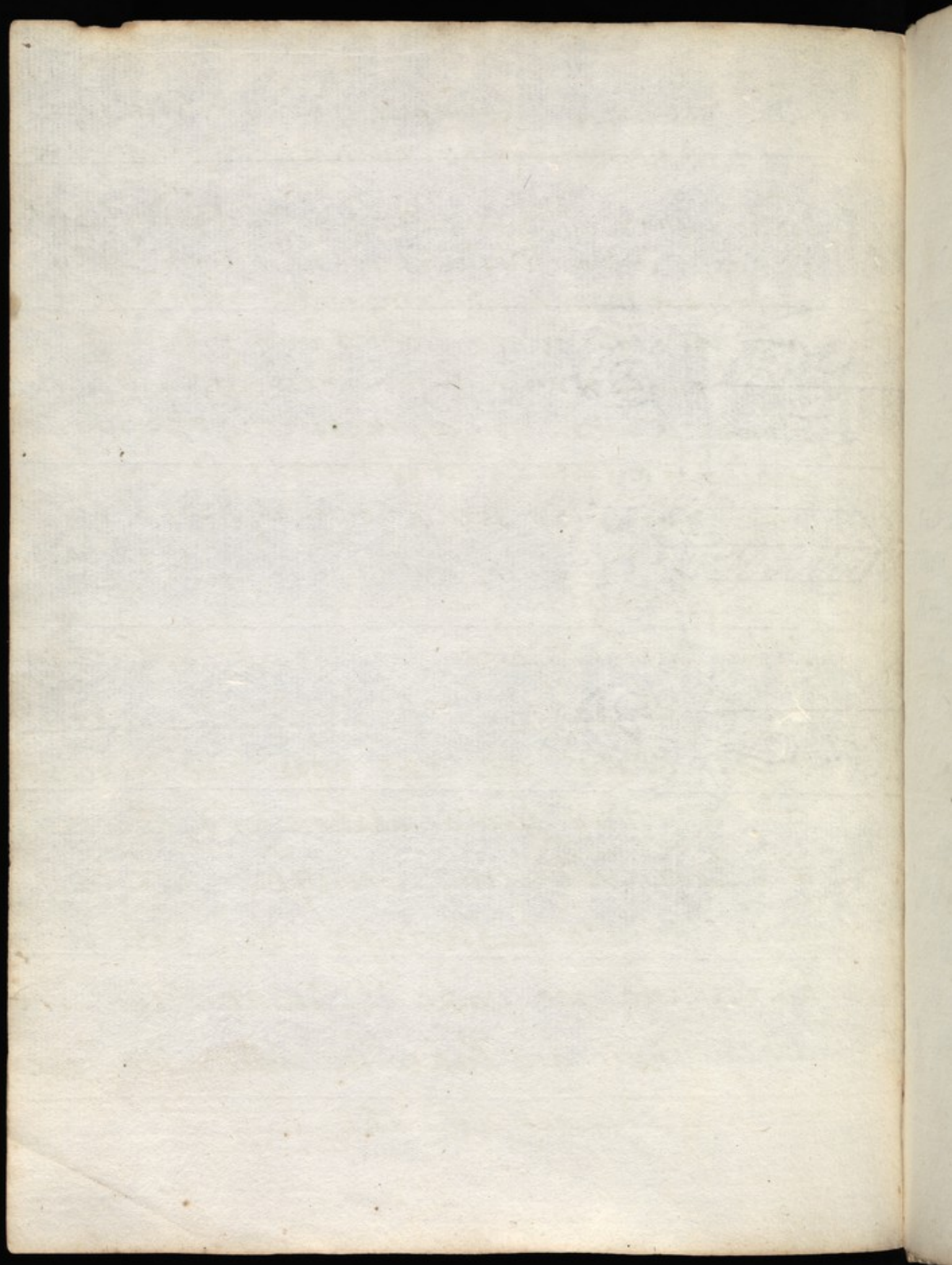


To make Sirup of Red Popies, or Sirup of Althaea, or
of the Red-Hollihocks, or Red-Rose, or Damask-Rose

Take a quart of faire water, & make it ready to boile
then take it from the fire, & have y^e Flowers ready
pickt, & put them in while the water is hot & let it
stand all night in the embers in y^e morning make
it hot againe, & wringe y^e Flowers out, & put in fresh
Flowers, & when you see it is strong enough
straine it out, & to a pint of water take a pound of
Sugar, & boile to a Sirup, you may keep it all
the Year

To make Jumballs

Take halfe a pound of almonds being
beaten to paste with a short cake
being grated and two eggs two ounces
of Caraway seedes beaten and the iuyce
of a lemon and being brought into paste
rowle it into longstringes then cast it in
knotts and soe bake it in an oven and
when they are baked ice them with rose
water and sugar and the w



To

Take the
columnes
and will

To m

Take a yo
put a mix
in cloth
for put
fig to as b

To maa

Take 2 or 3
all if you
when you
in a t
a man

To Stop a Looseness Suddainly

Take the yolke of a new Egg, & a little pound
of Anniseeds put it together & sup it up
& this will stop the Looseness — — —

To Make a Suppositor

Take a yolke of a new layd Egg, & a little
Salt, & mix them all together, & put it into a
linen cloth, ty^e y^e cloth close, & Oyle y^e cloth
then put it up yo^r self, you may make it as
big or as little as you please, & do it safely —

To make a Suppositor

Take 2 or 3 spoonfulls of Honey, & a little Bay
Salt if you please, & a little Cummin seed —
beaten very small, boyle this together till it will
role on a trencher you may doe this safely to a
man or woman with Child — — —

I hope you
 are well, &
 I am sure
 you will be
 when you
 see me.

For the Piles.

Take y^e long Bone of a Legg of Beefe when
tis boyled, & burne the bone very white, then
pound the bone & search it through a fine
search, then take a little of the Bone, & as
much of wheaten Flower, & lay it on a cloth
& when you goe to stools put it up & close y^e body
this will help the Piles. Probatum est,

Another for the Piles

Take a pd of Barrows grease, & 2 or 3 hand full
of Pile wort pound it, & boyle it in the grease
then straine it & put it into a gally pott f^r y^e use
you must anoint y^e place with it & lay some of
y^e Syntment to it with a piece of scarlett,

To stop the B luddy flux or Leucorrhoea

Take half a pint of Yarrow water, Knott gras
water Plantain, water Shepherds, Pouch water
of each halfe a pint put all these together, in
a Cason, then heate some red Plints red hott
& putt y^m into y^e Cason, 3 or 4 times then straine
it, & add to it 3 or 4 spoonfulls of red Rose-water
& as much Cinamon, as will lye upon a great

the field a
the field a
the field a
the field a
the field a

To make

make a Chie
the field a

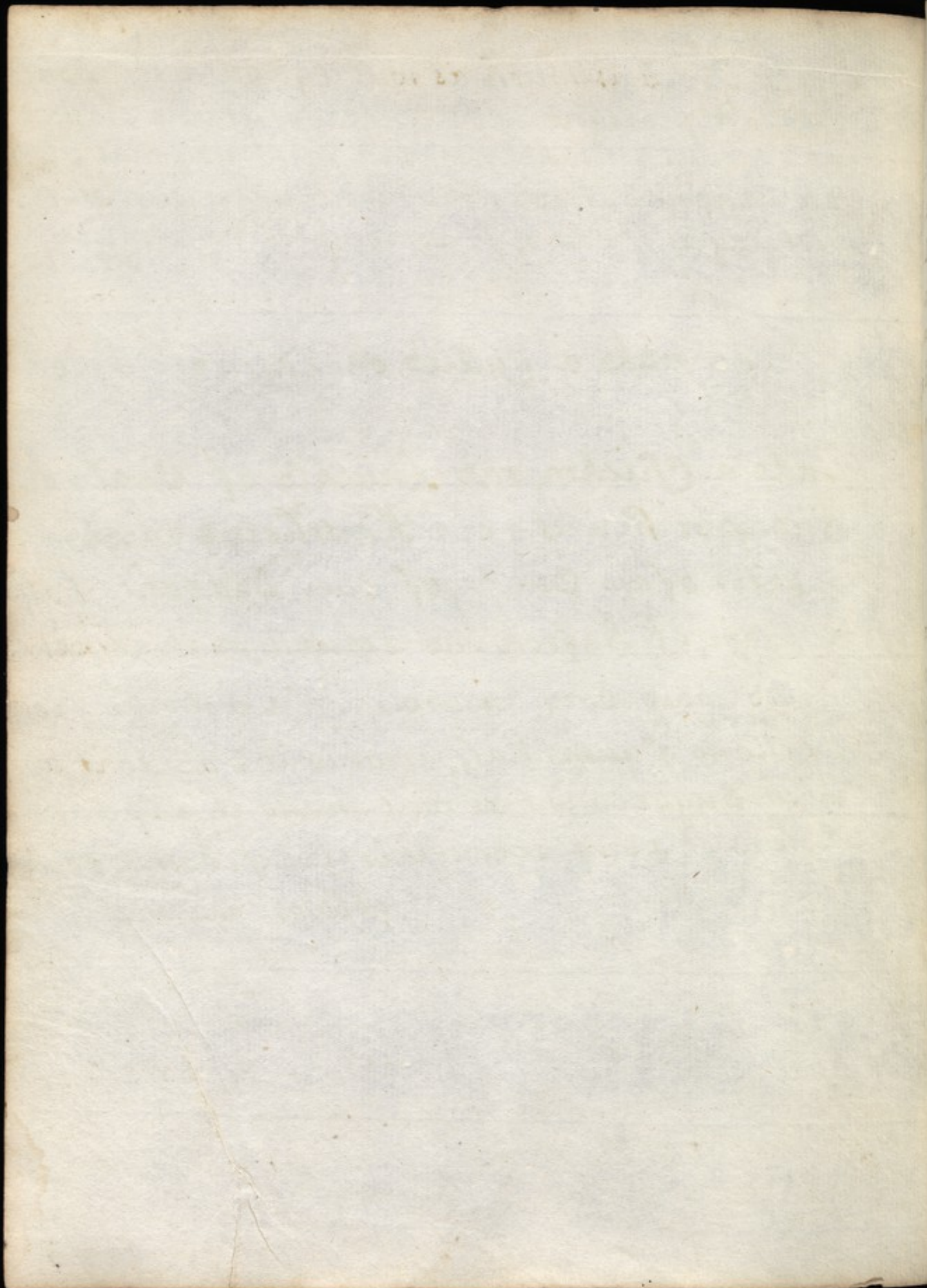
the field a

the field a
the field a
the field a
the field a
the field a

& fine Broth as much as will lye on a six pence
make it pleasant with Sugar; if it be a loofe-
ness, you must take the gray Flint you may adde to
it a handfull of red nettles red, this is good to stop
bleeding at y^e nose or f^r women y^t have too much
250s

To make a Cullicio on chicken Broth

Take a Chicken, one knuckle of Veale, of
Sheepes Hearts 1 or 2 Hartshorns rased a
quarter of an Ounce, of Gum Dragonth halfe
a Dram, of Saffron one scruple, or the ^{weight of} 3 pence
boyle these very leisurely on a soft fire from
a pottle ^{or pint} to a quart half, straine it, & adde to it as
much Sugercandy as will make it pleasant
Now wal^e 3 or 4 spoonfulls, let y^m drink of it
cold or warme



To make the Pectorall roule for y^e Cough

Take of fine Sugar 4 Ounces, of Orice powder one dram, of gum Tragacanth a little dissolved in Rosewat^r, as much as much shall mix y^e powder, of Muske & Amber grease 2 grains, with y^e Sugar mix all these together & make it into little roule & bake y^m in an Oven after y^e bread is drawne & you may keepe them all y^e years — — —

For the paine of the Back — — —

Take a quart of Blaw Currants y^e peck of 3 or 4 Oxen, & strip it, 4 or 5 Nutmeggs, & 2 Ounces of Cinamon beaten fine, half a pound of Sweet Butter, 6 yolks of Eggs beaten well together —

Between to dishes, close y^m, put it into a close glass, & take y^e quantity of a Nutmegg upon y^e point of a knife fasting, or when you go to Bed —

To make Oyle of Roses — — —

Take of comon Oyle 2 pound, Damask rose Budds a p^d, lett y^m infuse 10 days in a p^rut^r basin in y^e Sun, then straine y^m out hard, & putt in fresh Rose Budds, & infuse y^m as long as before; if you will you may it 3 or 4 times, & straine it out hard & keepe it in a glass f^r y^e use it is good for hot & fiery swelling^s

To
Take
Mortar
and in
as it is go
Confor

To

Take
each a
Gaucho
of Rai
Figs 1 lb
eat in a
Gambos a
a strong
of Brown
a long as
fals 1 lb

A good
Take a
a you M
then be
it will be

To make Oyle of Camomell.

Take Camomell flowers 1 lb. bruise y^m in a Mortar infuse y^m in 3 lb of sweet Oyle, & let y^e stand in y^e Sunn 20 Days, y^e straine it, & keep it y^e use, it is good to aswage paines of y^e joynts and Corroborate y^e Sinews.

Toe the Cough of the Lungs -

Take Maiden ^{hair} & maiden Trep, & Coltsfoot of each a handfull, Fennell seeds, Anniseeds, & Liquorish of each a spoonfull bruised, half a lb of Raisins of y^e Sunn, stoned, a quart of a p^d of Figs sliced, put all this into a pottle of Running water in an earthen Pipkin let it stand upon y^e Embers all night, the next morning straine it throu a strong cloth, then putt into this Liquour 5 Ounces of Brown Sugar candy then boyle it to the halfe, Scum it as long as Scum ariseth, & so drink a spoonfull when you feele yo^r cough come upon you :: Probatum est

A good Oyntment for any Bruise or squatt.

Take a good quantity of Honey, & as much Wormwood as you think good stamp it & straine it into y^e Honey & then boyle it, & then put it into a gally pott or glasse, & it will be an Oyntment, it will keep all y^e year.

So Make the best surfeit water
1 ounce of Cardimom seeds,
Take one gatt of the best brandy
and half a bushell of poppies two
ounces of Annis seeds, three ounces of
Caraway seeds, and three ounces of sweet
fennell seeds, two ounces of Liquorish, and
one ounce of oattis, six penny worth
of saffron, and half a pound of figgs,
a quarter of a pound of raisins of the
sun stones half an ounce of Cloves an
mace half an ounce of nutmeggs a
quarter of an ounce of ginger a handfull
of bame a handfull of mint put all
these slit your figg pound your seeds and
spices and let stand in an Earthen pott
or glass 14 daies Close stoppt the strain
out your water and when you have
don soe put your drugs a steep in some
stronge beere let it stand 4 daies then
distill it in a Gold still and you will have
a good water that with firrip of poppie
is a good surfeit water to every bottle of
surfeit water you must put in an ounce
of sugar Candyed

To

Make the best Surfeit Wat^r

Take one Gall of the best Brandy & half
 a bushell of Poppies to 5th of Annisee, three 5th
 of Caraway f^r, & three 5th of ~~Liquorish~~ most
 pennell 5th, two 5th of Liquorish & one 5th of Cassia
 six pennyworth of Saffron, & half a p^d of figgs
 a quart^r of a p^d of Raisins of the Sun, ston^d half
 half an 5th of Nutmeggs ~~an 5th of~~ ^{an 5th of}
 Cloves & Mace ~~an 5th of~~ a quart^r of an 5th of Ging^r
 a handfull of Rame, a handfull of Mint ~~an 5th of~~
 1 ounce of Cardimom seed put all these slit
 your figgs pound your seeds an spices and let
 it stand in an Earthen pott or glass 14 day^s
 Close stoppt then strain out your water an
 when you have done soe, put your drugs
 a steep in some stronge beere let it stand
 4 dayes then distill it in a Cold still and
 you will have a very good water that with
 firrip of poppies is a good surfeit water
 to every bottle of surfeit water you
 must put in an ounce of suggar Candyed

To

Take

Quene

all. L.

left 100

1000

1000

1000

1000

1000

1000

1000

1000

1000

1000

1000

1000

1000

1000

1000

1000

1000

1000

1000

1000

1000

1000

To Make Cinnamon Wat^r

Take 5 Gallens of Sack one pound & a halfe of
Cinnamon Bruised, halfe an Ounce of Cloves, steep
this all. Knight, & in the morning set yo^r pot on with
a soft fire, after it is stilled take one quart of y^e Wat^r
& a quart of a pound of Leafe Sug^r finely beaten &
that will make it pleasant = = = = =

A Drink to give a Woman that hath a ^{dead} Child
within her = = : : : : = = = = =

Take a handfull of Ditander seeds pound it & strain
it into a little Sack, Beer, or Ale, & if you have no
Ditander, take as much. Goodge soaks it & strain
it & Let her drink it = = = = =

To give a Woman with Child if her Child be
weake & she cannot feed it = =
Let her take 4 or 5 drops of y^e extract of Ambe^r in
a little Sack to drink provided, If a Woman have
taken any hurt, or by reaching that she have y^e
Flux come down, or a Cist or distrusting her selfe
in time, she may take y^e Extract abovesaid. This may
be taken in time of Travell to helpe forward
y^e Birth

Ch. 10
Take on
case of
the legat
Quince
drink
drink
give on
Pants of
of success
y^e Ma^r H^a

Take on
take a
may go
may do

Take
then

A Purge for a Sick Body or a Woman
with Child.

Take one Ounce of $\frac{1}{2}$ a half of Manna, & a
Quart of a pint of Succory water, & warm it a
little together untill it is dissolved, then put to it
2 Ounces of Sirup of Roses, & give it y^e p^{ty}
to drink, & let them keep themselves warme
& drink Broth or posset orinks. you may
give one Ounce of Manna to a Child, & one
Ounce of Sirup of Roses in a quart of a pint
of Succory water or Sorrell wth you must strain
y^e Manna when tis dissolved # # # # #

To make an easy Clyster for a
Child or one that is weak
Take one pint of Milk, & lett it boyle then
take a little Vinegar & turn y^e Milk, & take
away y^e Curd, add to it 2 Ounces of Sugar &
one Dram of Salt, & give this as Clyster, you
may doe this without danger # # # # #

Another Clyster # # # # #
Take a Chicken & boyle it in faire water
then take it # # # # #

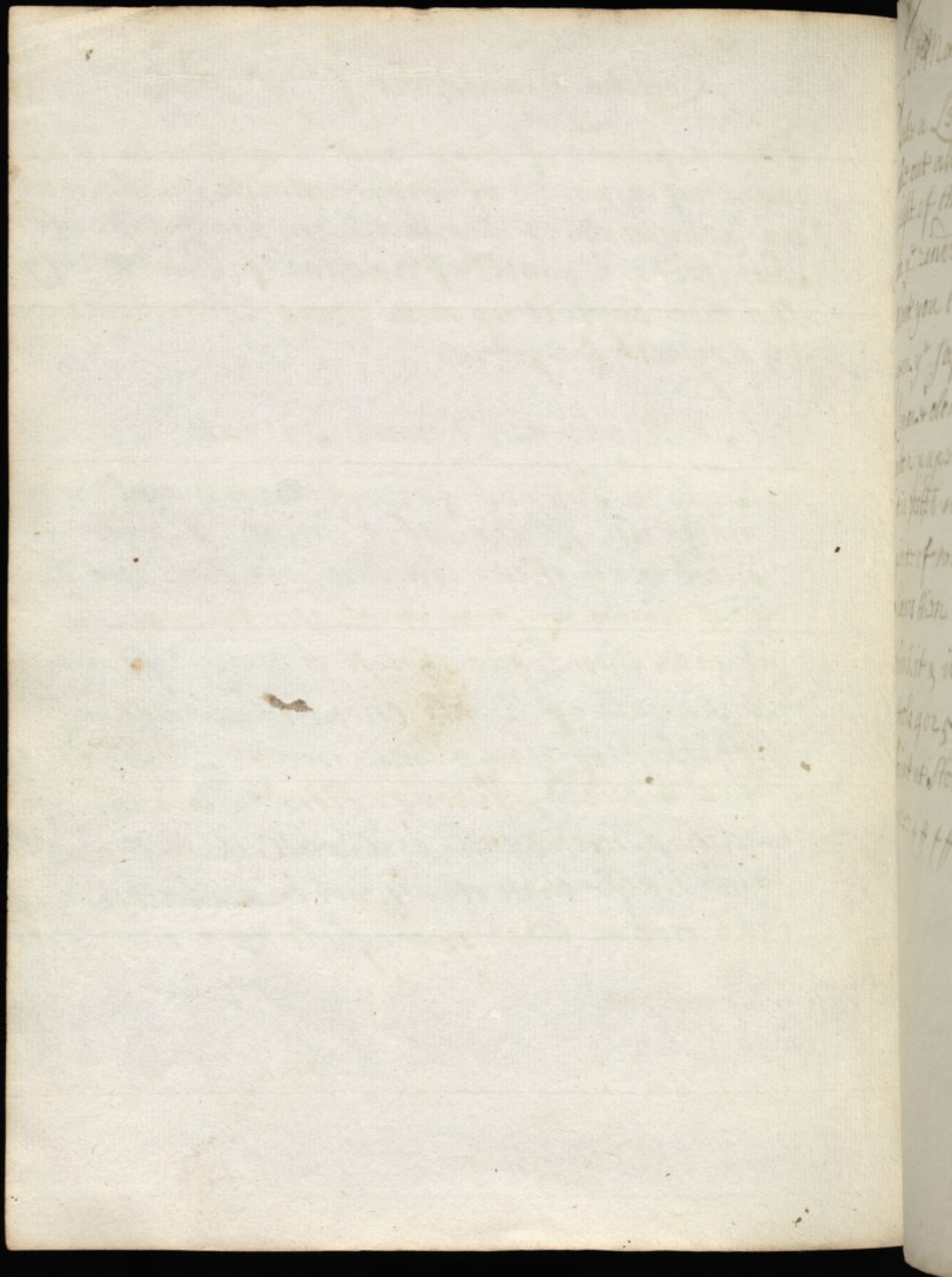
Coff
like a po
and
no peng
dang
the
the
To W
Take
half
the
the
it tak
a kn
the
pau
each
to the
take

III²⁵ Coffins Syntment f^r y^e Pits 82

Take a pound of May Butter & putt into it a quart^r of a pound of Figs, cutt into small pieces one pennyworth of Liquorish one pennyworth of Anniseeds, a quart^r of a pound of Raisins of Sun then boyle it up with young Etoe buds & it & keeps it for y^e use.

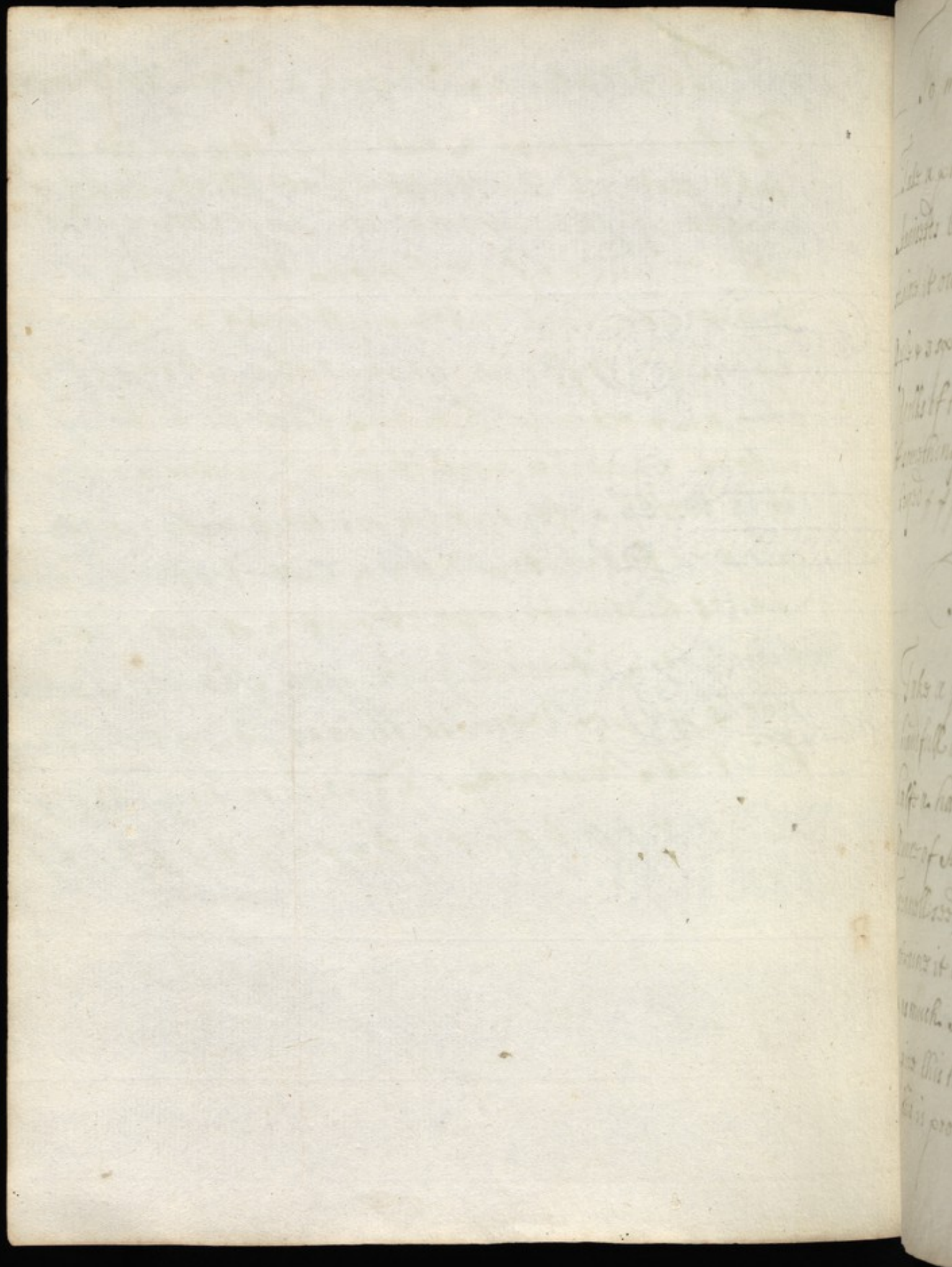
To Make a Chinah Broath & & &

Take a Potts of faire running wat^r & half an Ounce of Chinah Roots sliced very thin. Lett them infuse two or three hours & scum it cleane then straine it take this Liquor & sett it on y^e fire wth a knoeke of Veale Chopt to pieces & a chicken if you please two or three Pepper paves & sliced Ruzegs flower & violets of each a hand full, so the all these togeth^r to the halfe then straine it in a Basen & take two or three spoonfulls at a time & & &



To Make a Purge & a Vomitt Mene

Take a Lemon & cut off y^e top of it then
take out all the meat of it then take y^e
weight of three ounces in Saffron & putt
into y^e rind of y^e Lemon, then take y^e
meat you look out & putt into y^e Lemon
upon y^e Saffron, then take y^e top of y^e
Lemon & close y^e Lemon fast, then wrap it
into a paper & roast it in y^e Embers, & when
it is roasted soft, take & putt it into half a
pint of white wine, & lett it steep two
hours then wringe it out & strain it &
drink it & it will give you six or seven
stools 4 or 5 Vomits, this is for y^e that are
faint at Stomack: This is to help digest-
ure: # # # # #

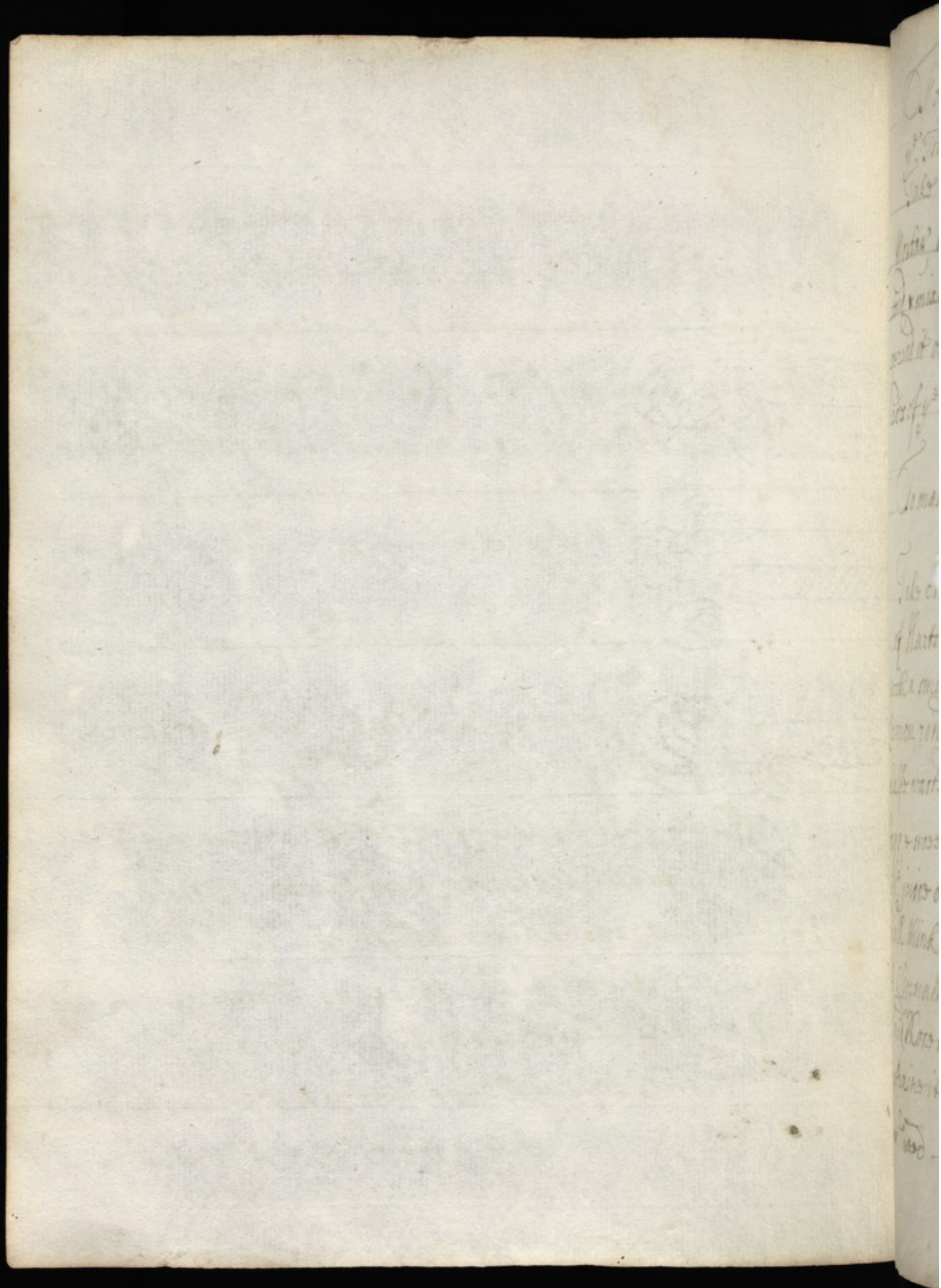


To make a Glyster? + + + + +

Take a pint of Milk, add to it a spoonfull of
Aniseeds boyle it togeth^r a little while, then
straine it out & put to it 3 spoonfulls of Salt
& 3 spoonfulls of Sug^r, then beat y^e
Yolks of 6 Eggs, & mix it altogether & give
it something warme as a Glyster. This I have
tried + + + + +

To make another Glyster? + + + + +

Take a pint of Posset ale, add to it one
handfull of Camomel ^{halfe a} handfull of Mallows,
halfe a handfull of Violet leaves, halfe an
Ounce of Aniseeds, halfe an Ounce of
Fennell seeds, boyle all these togeth^r, then
straine it out & add to it 2 Ounces of Sug^r,
& as much Salt as will lye on a skilling, &
give this to such as are troubled with winds.
this is proved + + + + +

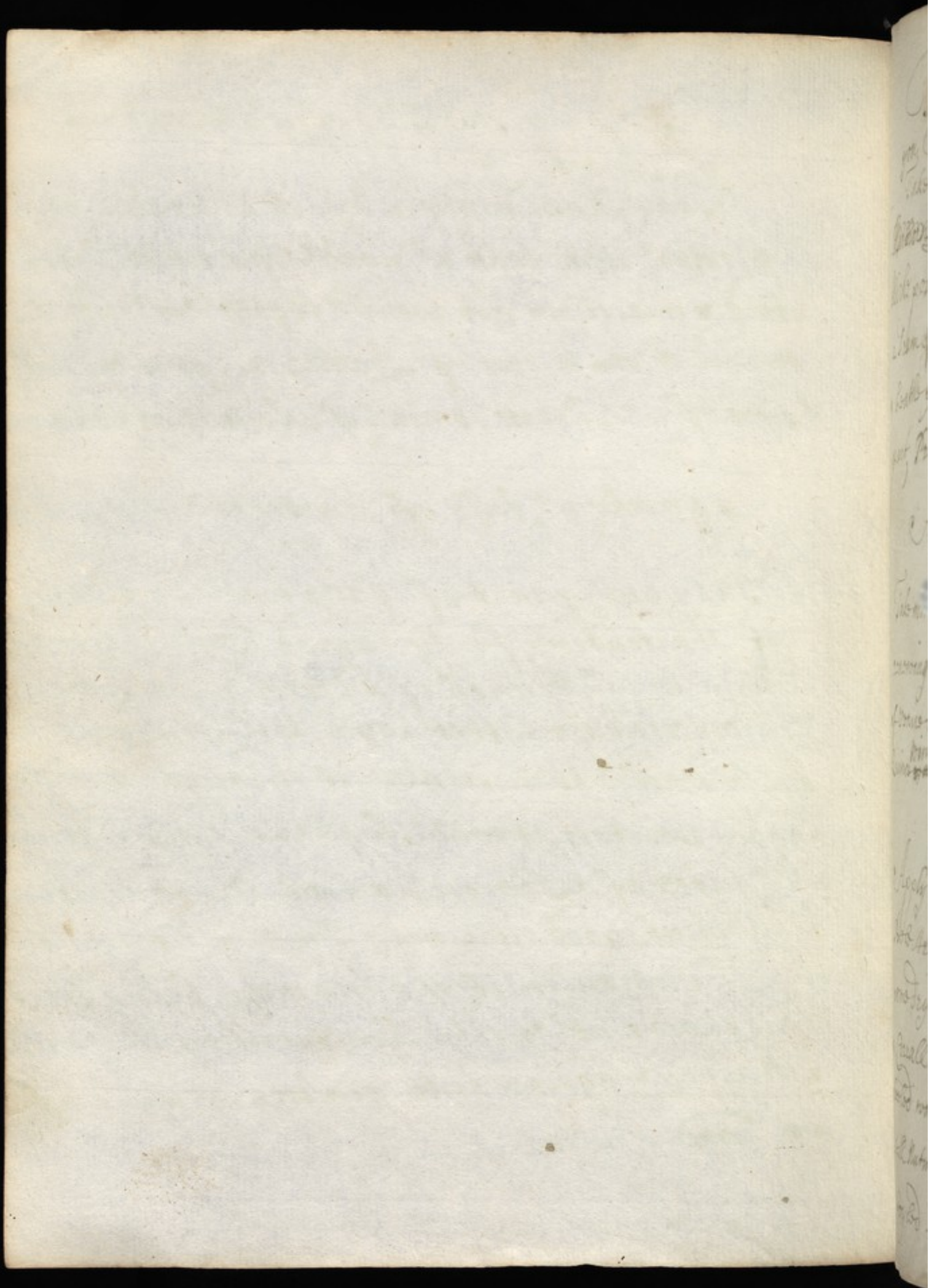


For the swelling of y^e Amons in
y^e Throat

Take Rose-mary & dry it to powder in a
Mortar then take y^e pound of a white Dogs-
-turd & mix these two poundes togeth^r wth honey-
spread it on pieces of Leather & lay it on both
sides of y^e Throat as near y^e Amons as you can

To make y^e jelly of Hartshorns

Take one quart of faire wat^r & 2 pences
of Hartshorn finely rasped boyle this togeth^r
with a small branch of Rose-mary & some
Lemon rind, & lett it boyle till y^e Liquor be
halfe wasted, then strain it through a jolly
Bagg & sweeten it with Sugar, & a little Rosewa-
& y^e juice of a Lemon, & a little Vinegar as you
shall think good, you may boyle a little piece
of Cinamon in it, y^e Cinamon being first
laid Rosewat^r & then boyle it altogether, a little
& strain it againe into glasses & use it at
yo^r need



For y^e Gout to be applyed as hot as
you can suffer it

Take Treacle sparrows wat^r & two Quinces of
Hartshorne 4 Quinces of Mullet wat^r & an Quince of
Mirk powderd a Dram of Oriental Saffron halfe
a Dram of powderd likewise mix y^m well to geth^r
& bathe y^e grievd part, & wrap y^e cloths about y^e
part, Probatum est x f f f f f f f f f f f f f f f f

Against excessive Vomiting

Take mint Wat^r with two 2 or 3 dropps of Vitriol
renewing now & then & apply outwardly a plaister
of Venus Treacle take also y^e juice of 2 Quinces or
Quince ^{wine} ~~wine~~

For a Looseness = =

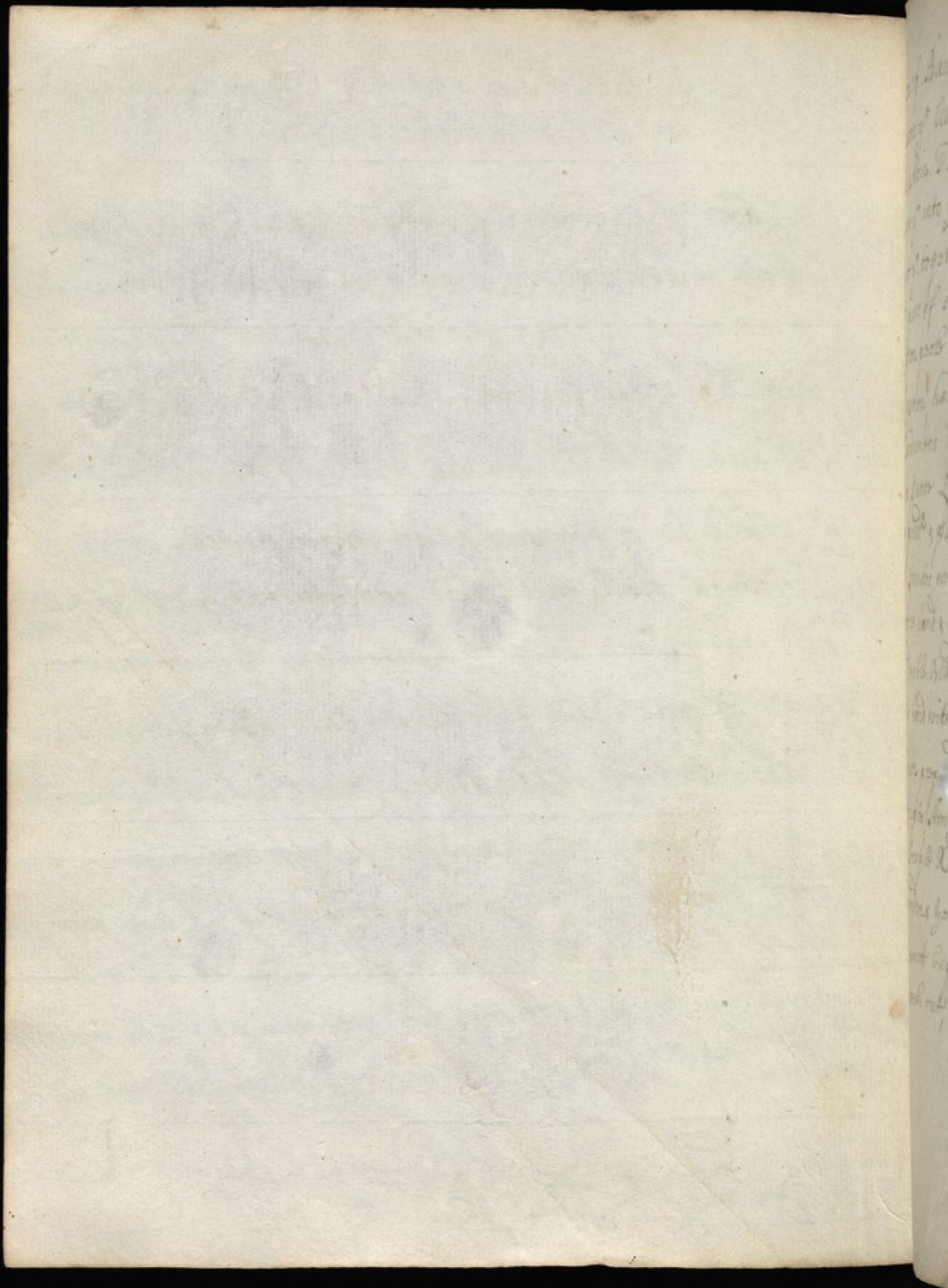
Apply upon y^e Belly a plaister of Venus Treacle
Prob Armonacks y^e like quantitye take inward
some dryed Hartshorne in Syrup of dryed Roses
& Corall take all these for y^e ordinary drink
steeped wat^r wherein Corall hartshorne Torment
= till Nutmeggs Pomegranate rinds & y^e like be
boyled =

no

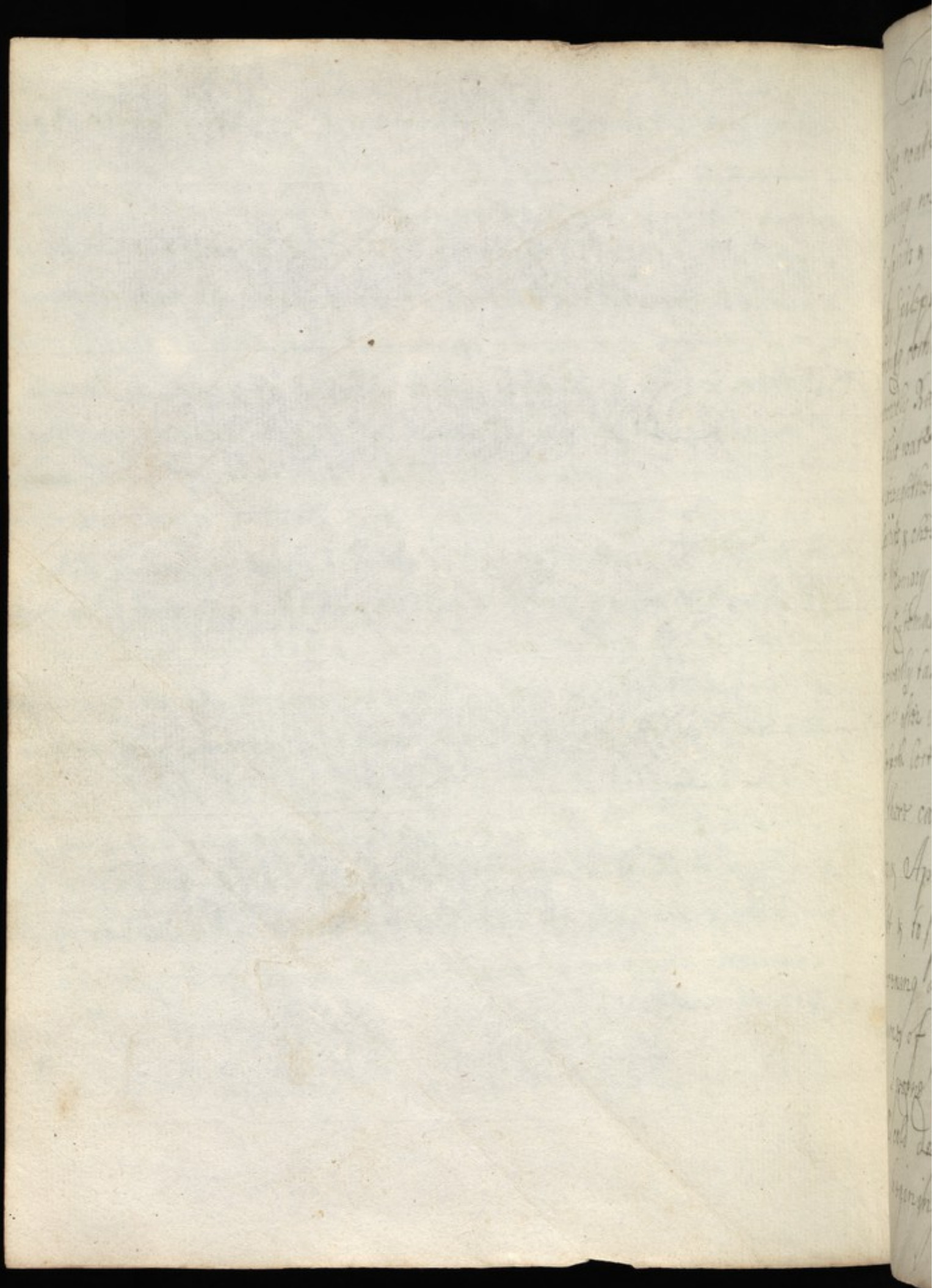
The 22^d by
The 17th
The 20th po
The 21st ag
The 22^d the
The 23rd a
The 24th in
The 25th on
The 26th at
The 27th of
The 28th Ho
The 29th of
The 30th Ma
The 31st Flo
The 1st mo
The 2^d of
The 3^d of

The greater Palsie water also Apoplexy taught
by m^r Mathias + + + + +

Take of Lavender flower, fill a large gallon
glass, & pour on of very good spirit of wine or
perfect aqua vita distilled from all Rhenish then
circulate them for six weeks, very close stopp'd &
clad with a bladder & no nothing breath out. Let
y^m stand in a warme place then distill it in a
Limbeck still with his cooler then putt in y^e a^d
said wat^r, Sage Flow^r, Rose-mary Flow^r, Peony
Flow^r of each halfe a handfull, Burrage Flow^r,
Buglers Flow^r of Bellium Conallium of Custip
Flow^r of each one handfull steep these Flow^rs in
good Malmsey or good Aqua-vita, I doe steep
every Flow^r & herb in a good Spirit of Wine
every one in his season till all may be had then
putt y^m all sundry digested together, put also to
them



them of Baumes. Meether-wort spike-flowers. Bay
 leaves. y^e leaves of Pringetrees (if they may be
 had) & their Flowers of each one Punces cut all small
 & put y^m into y^e aforesaid distilled wine, & Malmsy
 & put y^m together & distill it as before being it good
 y^e space of six weeks then put into this distilled water
 Citron peels & Piony seeds hulled of each 6 Drams
 Cinamon, half an Punces of Meats Reutneger
 Cardamoms Cucuber Yellow Saunders of each half
 an Punces Lignum Aloe one Dram make all these
 in powder & put y^m in y^e distilled water & put to them
 of Aniiber new & good half a pound take out y^e stones
 before hand & cut y^m small, close yo^r vessel well with
 a double bladder. Let y^m digest six weeks then strain
 this hard with press & filterate y^e Liquor & put in this
 Liquor prepared Pearls 2 Drams prepared Smarrager 2
 Scruples Amber green Meats & Saffron of each half
 a Scruple Red Rorer dryed well & made smelling, 20
 Saunders & Yellow of each one Punces hang these in
 Tarnet bagg in y^e water well closed that nothing
 breath out,



The Virtue of this water

This water is of exceeding Virtue in all
 sounding weaknesses of y^e heart & decaying of
 y^e Spirits & is of great Virtue in y^e Apoplexy
 Palsy Epilepsy also all pains of y^e Joynts
 coming coming of y^e Colds in all Bruises
 outwardly Bathed it, & lay clothes to it, y^e Virtues
 of this water are more then man can conceive
 it strengthens y^e Animall vitall & naturall
 Spirits, & cheeres y^e extreamall Sences strengthens
 y^e Memory restores lost appetites all weakness
 of y^e Stomach both taken inwardly & Bathed
 outwardly take a quart^r of a spoonfull, & fast one
 hour after it; it takes away dizziness of y^e head
 helpeh lost hearing bringeth a pleasant breath
 & there can be no better remedie in Pals-
 = ior & Apoplexy both to helpe in the
 fitt & to prevent it if you take Morning
 & evening a quart^r of a Spoonfull with
 crum of Bread & Sug^r mingled in
 a Spoon it helpeh lost Speech & helpeh
 all cold ~~dispositions~~ dispositions of y^e Liver
 & beginning Dropsies it helpeh all cold

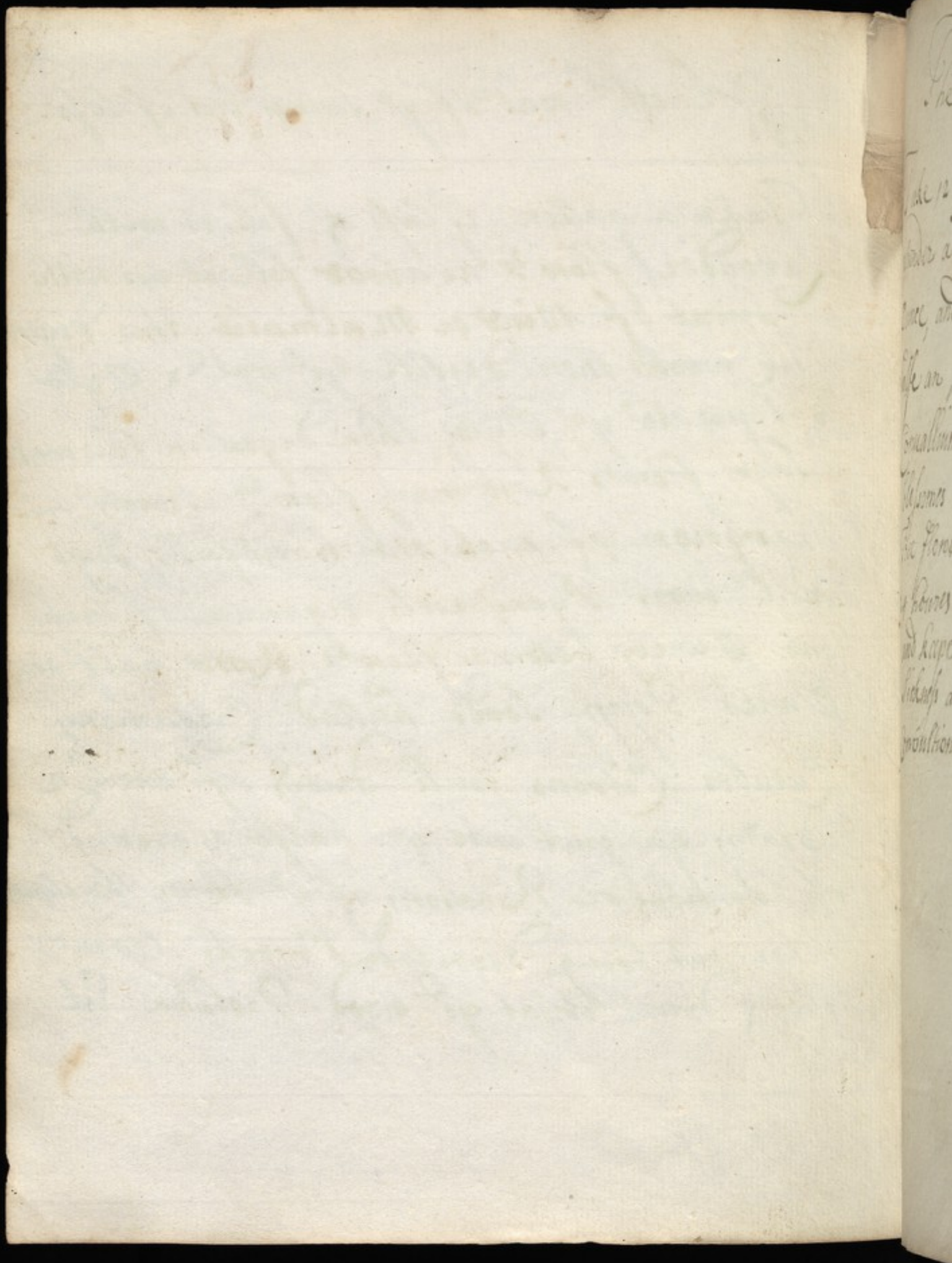
Dissasos of y^d Moth in find none can
Sufficiently expose y^d Virtudis of it —
Probatum Est

My Lady Bartlets Receipt for y^d Colick

Take two ounces of Rubarb steeped in a
quart of Anniseeds water taking four spoonfulls
at a time — — — — —

Anoth^r wat^r of y^e same but of less
Price

Take a gallon Glass & fill it with
Lavender flow^rs as above fill it up with
Spirit of Wine or Malmaris this Digest
Six weeks then distill y^e wat^r & Oyle
& separate y^e Oyle, then digest in this wat^r
Sage flow^rs Rose-mary flow^rs Sweet
Margerom of each one handfull, Drop
moth^r wort Pyony roots, organum of each
one Ounce, Celandine flow^rs, ~~Rose~~ half an
Ounce Poppy seeds hulled Cardamom
Cucubos Citrons with dried of each 2
Drains y^e put into y^e halfe a pound
of Impebes or Reasons of y^e Sunn the stones
taken out being digested 6 weeks strained
this & drink it at y^e good Probation Et



The Swallow Water

Take 12 Young Swallows out of y^e Nest, take them
 asunder a live, add unto it of Lake mistletoe one
 Ounce, and halfe an Ounce of Piony ~~flowers~~ Seeds,
 halfe an Ounce of Piony Rootes, of Lillium
 Conuallium water water, of y^e water of Elder
 blossomes of Piony flowers and y^e water of Peach
 Tree flowers of each 16 Ounces lett it stand infused
 24 houres in a warme place and then distill it
 and keepe this water as a means against y^e falling
 Sicknes and dead Palsies and against Giddines and
 Convulsions proved 

To 1
Take 2
ake 3
Caligale
+ flower
Chomex
Malme
it is q
sing q
ow
To
ake 1
e of ju
of Cardu
pound
dus, of
each o
with an
very w
Pink
line dig
no afro

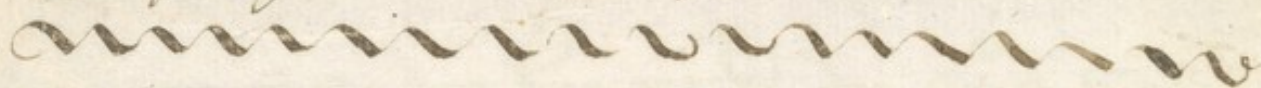
To Make y^e hart Water

Take 2 harts of Piggs and cut y^m in small slices
take 3 harts of Exen or Stags of Cloves
Galingale Mace & Brazill seed of each 3 Drains, of
y^e flowers of Buglose Burrage, and Rosemary
blossomes, of each 2 Pugills, infuse it in 4 Pints
of Malmsey, and distill it in a close still this
wat^r is good against all diseases of y^e hart
being given with Mannu Christi

To Make y^e Plague Water

Take the Juice of greene Walnut shells 2 pound
of y^e Juice of Rue 1 pound, and halfe of y^e Juice
of Carduus, Benedictus, and Bee Prame of each
1 pound, of y^e Rootes of Butte Burrs halfe a
pound, of y^e Rootes of Argolia and Masterwort
of each 3 Ounces of Scordium 2 handfulls, of y^e On-
:broack and Methridate of each 4 Ounces, of y^e
Canary wine 6 Pints, of y^e best white wine vinegar
3 Pints, 1 Pinte of y^e Juice of Lemons, lett all
these digest in Balneo in a glasse close stopp'd
and afterwarde distill in Lavne, and keepe y^e

water for y^e use in Plague or Pestilent Fevers



A Snail water for a Consumption. 

Take of Snails being boyled in wine one pound
of conserve of Violets Bugloss and water Lillies of
each 2 Ounces, 1 pound of Capons flesh, 1 Ounce
of Diatrachantum frigidum, 4 quarts of milk Distill
in a glass, keepe it for use 

For one that spitts blood 

Take y^e Juice of Botony mix it with new milk
and give the party to drink 

 For the Stick 

Take a quart of Beer and a handfull of
Dandelium a spoonfull of Red Saunders, soethe
it till halfe be consumed drink it morning and
evening — — —

For y^e Pain of the Back 

Take Oyle of Roses, Oyle of Camomell of
each a like quantity mingle them together and
anoint y^e back every morning & evening # + # + # +

To make oile of Exceator

Take a pound of the flowers of Cowseipes gathered in the month of may and put them in a gallon of oile in a faire glasse and stop the mouth of the glasse and then in the same month gather Calamints Johnsons ambroes Sothernwood wormewood pellitory of spaine the flowers of lillies penyroiall of lavender pellitory rosemary hayrife of each one handfull grinde them altogether in a mortar very small when this is done take out the flowers of Cowslips out of the oile and wringe the oile from them with a cleane hand then put them in a mortar with the other herbes and grinde them all together in a mortar very small put all these herbes in white wine and lett it stand all that night

Elizabeth Smith 1707 20

^{night} together and the next day till the afternoone
 then put all in the uessel and boile them altoge-
 ther with the oile and lett them boile ouer
 the fire softy till the wine and the iuyce
 of the herbes be consumed away and for the
 knowledge when tis boiled enough then you must
 take a spoonefull of the liquor from the bottome
 of the pott and if you see noe water remaine in
 the spoones bottome then it is boiled enough
 then take it from the fire and put it in a
 cleane linnen bagge and with a clouen stick
 you may straine into a cleane uessel and put
 it into a bottle of tynn or glasse and soe you
 may keepe it three yeares — — —
 this oile is good for all bruises for the goutte and
 for the palfie for any ache in y^e armes or leggs you
~~winter against~~ shall understand to annoint the
 sore place in winter against the fire in summer
 against the warme sunne and after you
 haue

have well annoynted the sore place you
must take black wooll and put over the
sore place and it will abate the swelling
and the Ache - - - - -

- - - For an Ache - - - - -
take raw craine crumbe of white bread the
yolke of 2 eggs & handfull of red rose leaues
unfeild a pennyworth of english saffron boile
it till it be a poultis and apply it hott to the
part griev'd - - - - -

A Receipt for a Colic

Take

Take a pound of Peauants; & rost them well in fire shovell.
then putt them into half a pint of Brandy, with a
Spoonfull of Honey, then putt half an Ounce of flower
of Brimstone, & half an Ounce of Spanish Liquorish,
then lett it stand twenty four hours & will serve to
a Jolly, & take of itt morning & Evening, - - - - -

How to make ye Leaden plaister also to pollen
tons plaister

95

Take two pound and four ounces of ye best
oil olive of good red lead one pound white
lead one pound well beaten into dust twelve
ounces of Spanish Sape incorporate all these
well together in an earthen pot well glased
before you put them to boile and when they
are well incorporated that ye Sape cometh
upward put upon a small fire of coals
continuing y^e fire for ye space of one hour
and half still stirring it with an iron ball
upon ye end of a stick then make ye fire
somewhat bigger untill ye redness be turn
ed into a gray colour but you must not
leave stirring till the matter be turned
into ye colour of oil or darker then drop
it upon a wooden trencher and if it cleave
not to ye finger it is enough then make
it into roulees it will keepe twenty years
ye older ye better

old
a
w
the
earth
chop
memory
w
of e
each
races
ameri
Clove
topt
er an
white
or an
till
ight

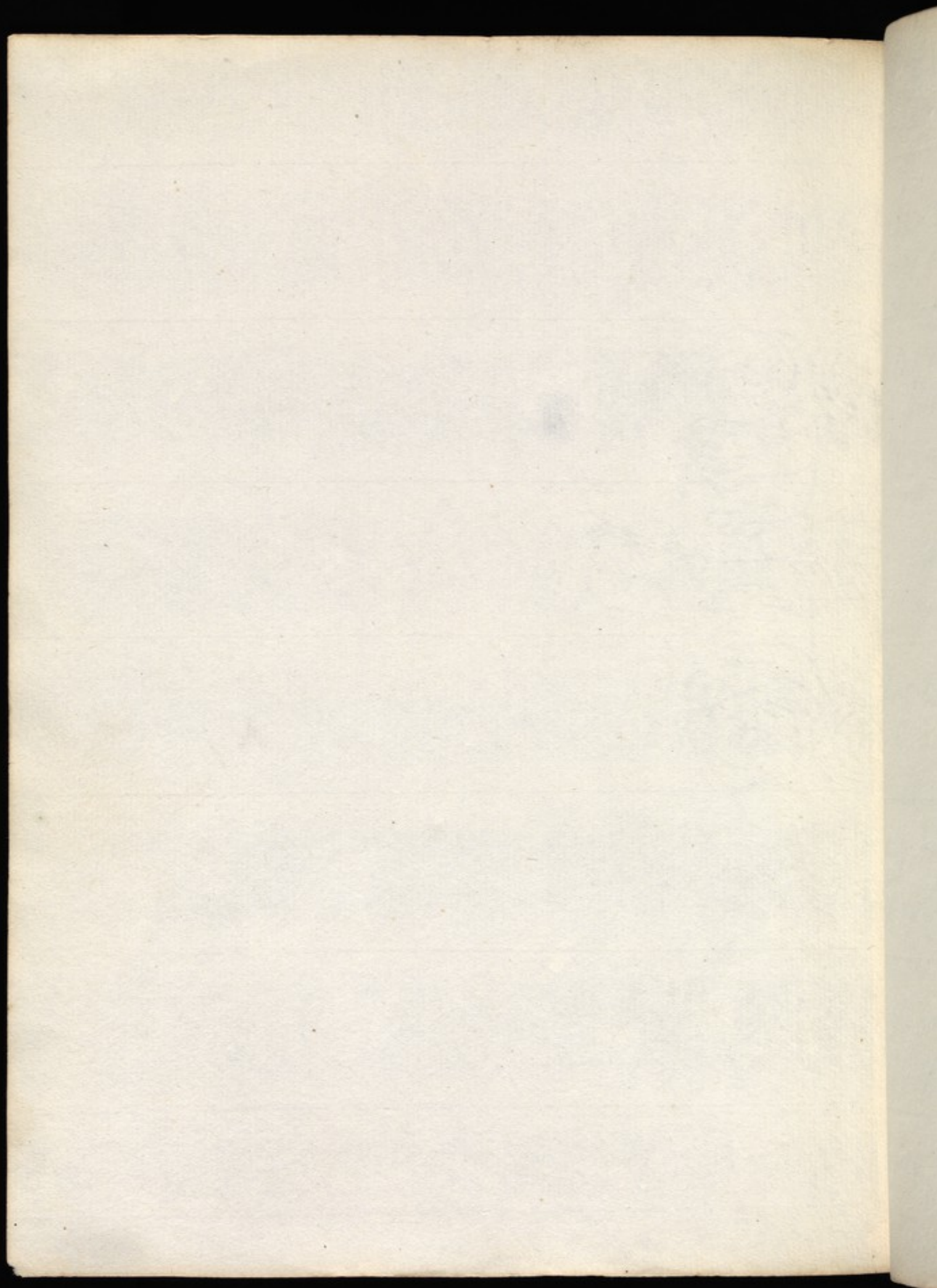
A Restorative Snail water

96

take a peck of garden snails, wash them in
4 or 5 waters afterwards in small beer
pound them shells and all then take a quart
of earth wormes and scower them with salt
and chop them in pieces then take angellica
Egremony fallendine red burdock roots rose-
mary wood sorrell y^e inner rind of a barberry
tree of each a handfull rue and baredfoot
of each half a handfull 2 drams of saffron
5 ounces of hartshorne fenegreek and
turmerick of each one ounce and 2 drams
of Cloves steep all in a earthen vessell clos
stoppt 24 hours in two gallons of strong
beer and a gallon and half of strong
white wine and then distill in a worme
or an alimbeck remember before you
distill it to steep your saffron over-
night in a quart of your white wine

Doctors Short's milk water ^{for} a Cough
take ye tops of roosemary mint
Sage rose of each three handfull
firr and Pine tops of each two
handfulls half an ounce of nutmegs
Sliced a handful of Cowslips bruise
and slice these together and pour upon
them a gallon of milk and a quart of
Canary Distill them and mixe ye water
together

for
a long
mint
and for
ack to
of nature
bring
your
heart
ye will



It a
castin
in a
take
pound
into a
it to
and
Harwa

a
sails
the C

take
any not
the not
the
the var
to the
ing ar

2

A Receipt to keep Cows from
casting of there Calfs

99

take one knoll of sal: earth and
pound it to a powder and putt it
into a pint of spring water and give
it to the Cow in the morning fasting
and keep her fasting too hours
afterward.

a proved recait that never
fails for to kee Cows from casting
there Calfs

Take one quart of uargis a
peny nutmeg and a tost and rub
the nutmeg till he his rubed all in
one the tost and put the tost in
to the uargis all to gether and give
it to the Cow when you see them
string at the tails

Short Rec 91

No 14	13
11 Callico	10
14 91	10
82	7
7 47	5
73	7
17	3
Th 4	1
Th	1

marked

6 JB — 42

6 JB — 47

6 JB 713

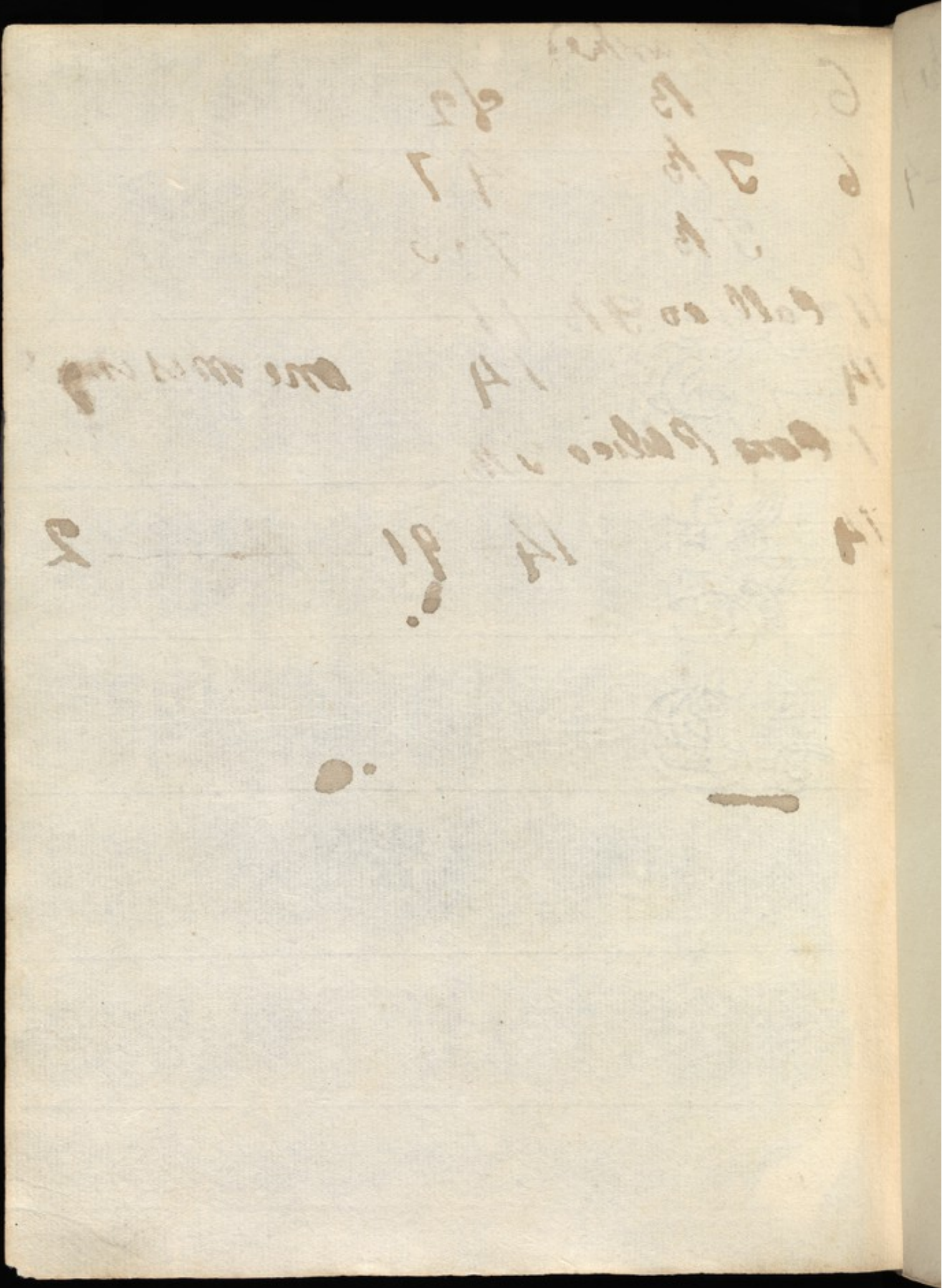
11 Callio JB 11

14 — — — 14

one missing

1 Pass Public JB

14 — — — 14-91 — — — 2



3 old shirts marked 17

1 plain

4

1
30 11
-4

12 old taken a way Marked

7 JB 7:3

1 JB

3 JB 17

12

mark

9 Callioo JB 11

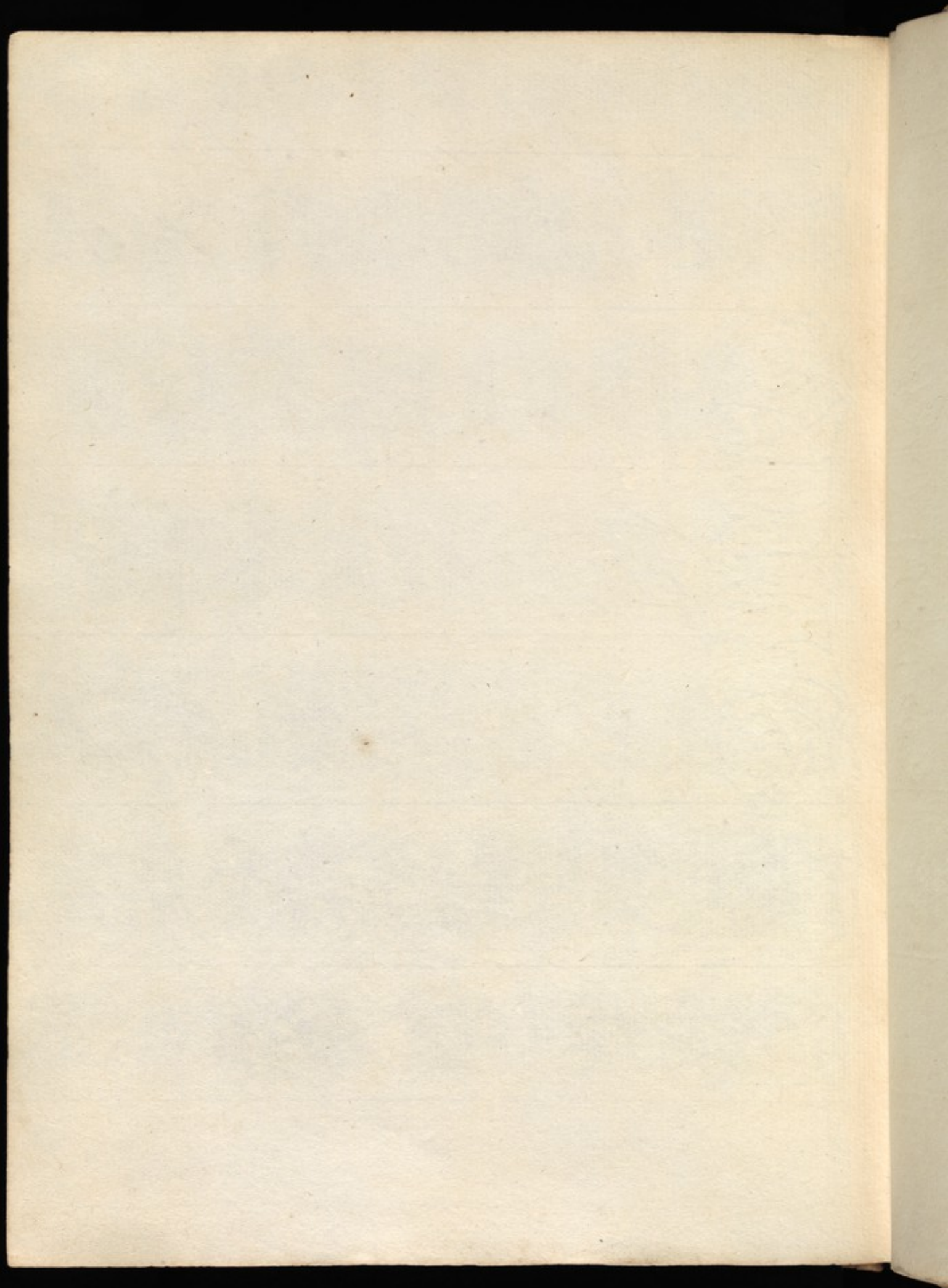
7 — JB 47

6 — JB 82

14 — JB 14

14 — JB 14 on missing

6 Cotton Night Caps Marked
TB 6



Paul Frost

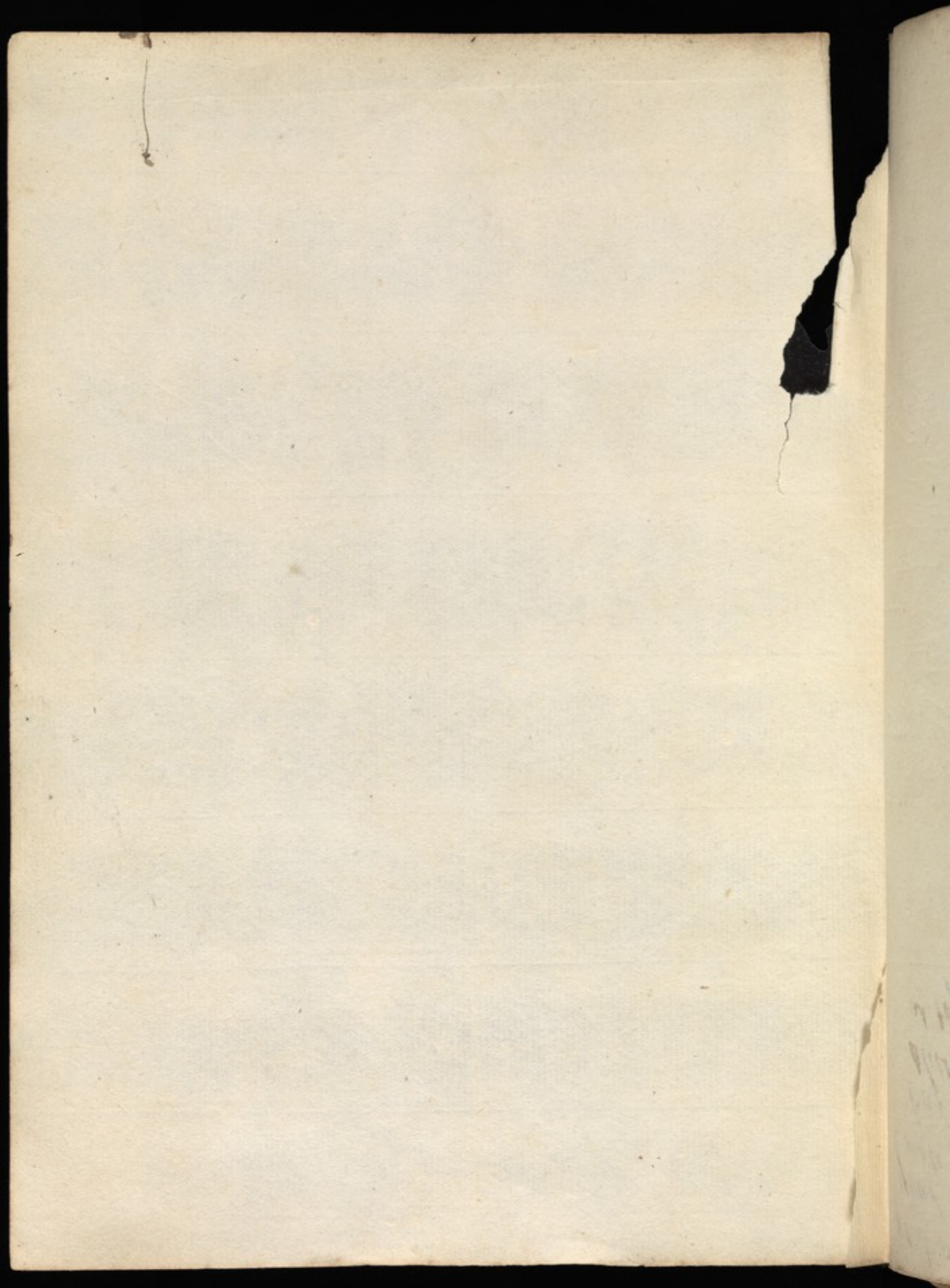
C. C. de la mable





Paint brush

Paint fresh C² be desirable for you
all. If you can make the room over
the subway & a couple of B roomers conf.
like you think it safe to return to you
you are welcome



1840
1841
1842
1843
1844
1845
1846
1847
1848
1849
1850
1851
1852
1853
1854
1855
1856
1857
1858
1859
1860
1861
1862
1863
1864
1865
1866
1867
1868
1869
1870
1871
1872
1873
1874
1875
1876
1877
1878
1879
1880
1881
1882
1883
1884
1885
1886
1887
1888
1889
1890
1891
1892
1893
1894
1895
1896
1897
1898
1899
1900

past and say your last note first and
your oysters on that then say your
note on oysters as you think fit
bake it gently ~~in water~~ and put
alittle butter ~~in~~ your page and butter
at top

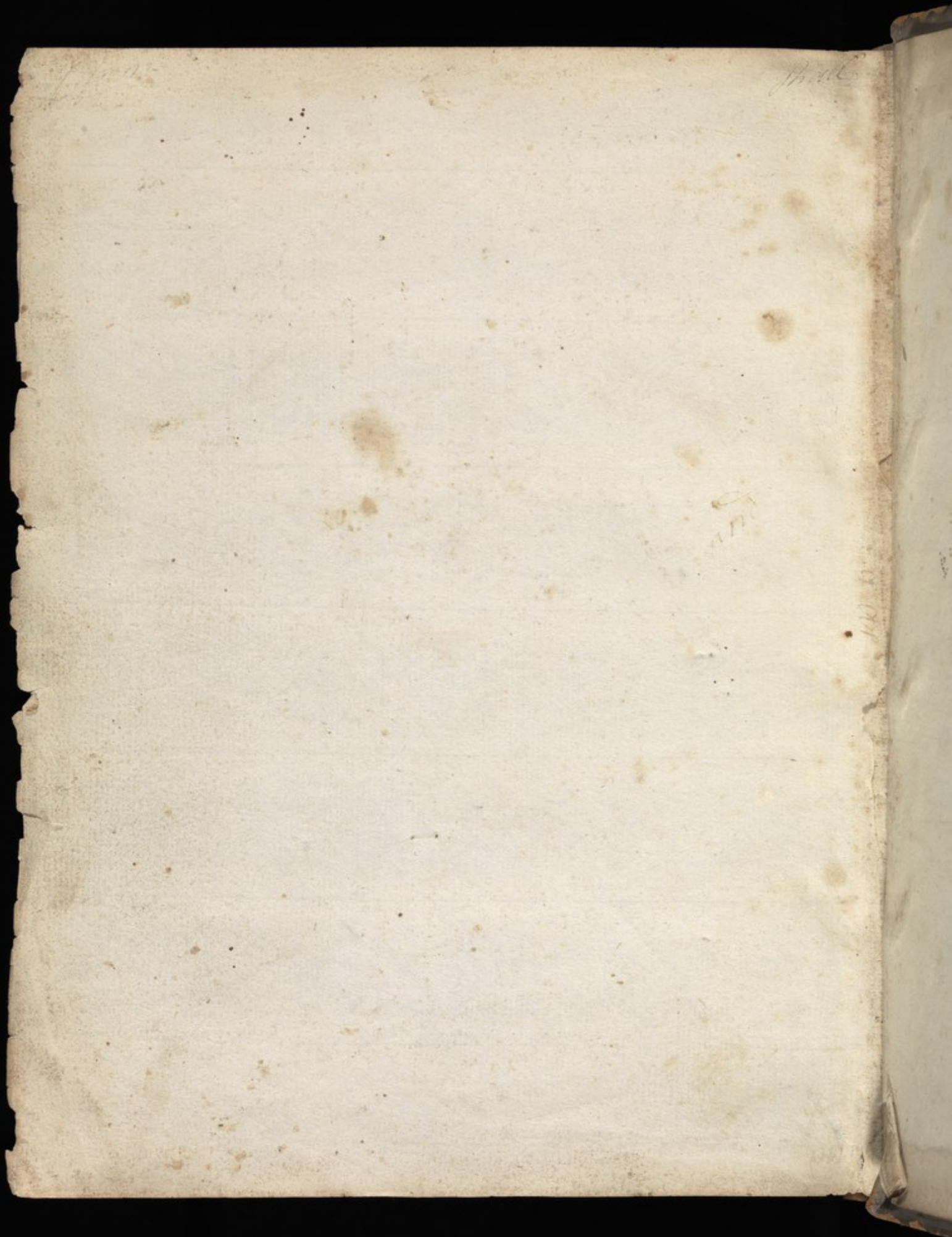
at the
little
lake
with
the
new
and

then put it in your stein pan and put in
your beef in three cross and a little
dried herbs and a bay leaf and so
and some spice and turn it often
in your pan till it is enough eat it
in slices and put in your dish and
send it in cold when you want it
To make Duck Lute
take a piece of Luttrek lute and
take a quarter and prick some little
holes and strain some salt water
over it rub it in salt it well and
turn it often in your pickle
and dry it in y churning in water
and boyle it and christen in small
servis and send in cold with fresh
butter second course
to make an oyster Pye
take y fish of some eels and y
fish of claws of Lobsters or crabs
and make a good meat butter or put
season it with what you like and salt
and cloves and mace and lemon
pice and y yolk of one egg strike
your lute in three times and
roll it in Luttrek lute and take your
oyster to eat in your pan and put
in your oyster on your pye

(Faint handwritten notes, likely bleed-through from the reverse side of the page.)

a quick flaying

take of yolks of five eggs and wash
your glass of salt betwixt your eggs
and lay a fine net in your dish
and mixe half a pound of butter
fine and when your eggs are wine
as in your dish and pour in your
butter and bake it half an our
to serve eggs in morrowdine
take your fish and set over a
gentle fire cover your stove
and put in some fresh nettles
butter and broke in your eggs
and some good sauce over them and
a little salt and cover them with
a hot pile till they rise fine
and send them in
to serve beef a la mode
take a piece of buttock beef and salt
it rub it over the with your hand
then take bacon and cut it in pieces
as big as your little finger put it in
under your in some good a little lemon
pickle and pepper and a bay leaf or two
then let it lay all night then
lean your beef through with it















10
 11
 12
 13
 14
 15
 16
 17
 18
 19
 20
 21
 22
 23
 24
 25
 26
 27
 28
 29
 30
 31
 32
 33
 34
 35
 36
 37
 38
 39
 40
 41
 42
 43
 44
 45
 46
 47
 48
 49
 50
 51
 52
 53
 54
 55
 56
 57
 58
 59
 60
 61
 62
 63
 64
 65
 66
 67
 68
 69
 70
 71
 72
 73
 74
 75
 76
 77
 78
 79
 80
 81
 82
 83
 84
 85
 86
 87
 88
 89
 90
 91
 92
 93
 94
 95
 96
 97
 98
 99
 100
 101
 102
 103
 104
 105
 106
 107
 108
 109
 110
 111
 112
 113
 114
 115
 116
 117
 118
 119
 120
 121
 122
 123
 124
 125
 126
 127
 128
 129
 130
 131
 132
 133
 134
 135
 136
 137
 138
 139
 140
 141
 142
 143
 144
 145
 146
 147
 148
 149
 150
 151
 152
 153
 154
 155
 156
 157
 158
 159
 160
 161
 162
 163
 164
 165
 166
 167
 168
 169
 170
 171
 172
 173
 174
 175
 176
 177
 178
 179
 180
 181
 182
 183
 184
 185
 186
 187
 188
 189
 190
 191
 192
 193
 194
 195
 196
 197
 198
 199
 200
 201
 202
 203
 204
 205
 206
 207
 208
 209
 210
 211
 212
 213
 214
 215
 216
 217
 218
 219
 220
 221
 222
 223
 224
 225
 226
 227
 228
 229
 230
 231
 232
 233
 234
 235
 236
 237
 238
 239
 240
 241
 242
 243
 244
 245
 246
 247
 248
 249
 250
 251
 252
 253
 254
 255
 256
 257
 258
 259
 260
 261
 262
 263
 264
 265
 266
 267
 268
 269
 270
 271
 272
 273
 274
 275
 276
 277
 278
 279
 280
 281
 282
 283
 284
 285
 286
 287
 288
 289
 290
 291
 292
 293
 294
 295
 296
 297
 298
 299
 300
 301
 302
 303
 304
 305
 306
 307
 308
 309
 310
 311
 312
 313
 314
 315
 316
 317
 318
 319
 320
 321
 322
 323
 324
 325
 326
 327
 328
 329
 330
 331
 332
 333
 334
 335
 336
 337
 338
 339
 340
 341
 342
 343
 344
 345
 346
 347
 348
 349
 350
 351
 352
 353
 354
 355
 356
 357
 358
 359
 360
 361
 362
 363
 364
 365
 366
 367
 368
 369
 370
 371
 372
 373
 374
 375
 376
 377
 378
 379
 380
 381
 382
 383
 384
 385
 386
 387
 388
 389
 390
 391
 392
 393
 394
 395
 396
 397
 398
 399
 400
 401
 402
 403
 404
 405
 406
 407
 408
 409
 410
 411
 412
 413
 414
 415
 416
 417
 418
 419
 420
 421
 422
 423
 424
 425
 426
 427
 428
 429
 430
 431
 432
 433
 434
 435
 436
 437
 438
 439
 440
 441
 442
 443
 444
 445
 446
 447
 448
 449
 450
 451
 452
 453
 454
 455
 456
 457
 458
 459
 460
 461
 462
 463
 464
 465
 466
 467
 468
 469
 470
 471
 472
 473
 474
 475
 476
 477
 478
 479
 480
 481
 482
 483
 484
 485
 486
 487
 488
 489
 490
 491
 492
 493
 494
 495
 496
 497
 498
 499
 500
 501
 502
 503
 504
 505
 506
 507
 508
 509
 510
 511
 512
 513
 514
 515
 516
 517
 518
 519
 520
 521
 522
 523
 524
 525
 526
 527
 528
 529
 530
 531
 532





on scorgum

An excoelo
Dragon mint bame
angelico a handful
fillipendelo nip me
betons scabious per



The Wellcome Library

water
of lowdg
rgon scorgum
egremony
well pimper
of each a
rts and jrens
2 or 3 lay
flowers
flowers red
idel ~~cons~~
owers
emoms of
bs half a
m

